



Coronavirus Anxiety Management

Be Your Own First Responder

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1

If you find yourself worrying, unable to sleep or experiencing anxiety, stay away from the news and reading posts.

2

Read and surround yourself with information that is uplifting.

3

Find “grounders” to help you feel safe and to calm your stress amidst all the electric energy: person, place, object, activity, quote or mantra.

4

Focus on what you have control over.

5

Create a temporary new routine/ritual to help you feel safe.

6

Continue to prioritize your physical, mental, social, emotional and spiritual well-being through maintaining (as much as possible) a consistent schedule and your routines and practices.

7

Take deep belly breaths (in through nose 3 seconds and out through the mouth 5–7 seconds). Taking a longer outbreath will stimulate your parasympathetic nervous system—the brakes to slow down your brain’s fear response and reduce your worries/anxiety.

8

Remind yourself that you have managed stressful experiences before. This too shall pass.

9

Remember that so many others may be suffering even more than you. How can you stay grounded so you can calm others and reduce, not produce, the viral anxiety and panic?

10

Think before you post, take action or speak out – will this create calm or chaos for myself or others?