



West County
Health Centers

Caring for our Communities

a california *health*.center



Help in Stress-full Times

With all the talk about coronavirus disease 2019 (COVID-19), are you noticing any of the following or just not quite feeling like yourself?

Intense worry
Fatigue
Panic
Obsession

Nightmares
Muscle Tension
Headaches
Sleep problems

Rapid heart rate
Shortness of breath
Chest pain
Sweating

Anxiety can do all that. Luckily, there are many ways to help yourself cope with uncertainty without having to feel sick.

Stick with the facts.

Many information sources like news, radio, and social media, will be discussing the COVID-19 because it is important to understand it. Double check what you are hearing or seeing with the Centers for Disease Control (CDC) website where information is kept up to date based upon the facts that have been learned so far.

Limit your exposure to the conversation.

Information about the COVID-19 will not disappear. Take breaks from reading or hearing about it.

Take care of yourself.

You are your greatest support person. Eat, hydrate, exercise, spend time with friends – continue doing all the things that help you to feel healthy.

Talk to your family and friends.

Stay connected to the people you care about and who care about you.

Talk to your children

If you have children, talk to them about anything that worries them, and help them know the facts in age appropriate ways. Our kids are looking to us to see how to manage their own worries. If you are not quite sure what to say, videos and comics found on the internet for kids may be helpful. If you choose to use a video or comic, we recommend that you read and watch any of this material with your kids so you can answer any questions that come up.

What if none of this helps?! We are here for you.



West County
Health Centers

Caring for our Communities

a california *health*.center

For some of us, our regular routines just aren't cutting it and our stress is making it hard for us to do our jobs or get along with our friends and family. We are here for you. Contact your provider or the call center and ask to talk to a Behavioral Health provider. We are experts at helping you to manage stress and can help you figure out what WILL work for you.

Resources:

American Psychological Association. (2020). *Five Ways to View Coverage of the Coronavirus*.
<http://www.apa.org/helpcenter/pandemics>

Up to date information on the virus from the CDC <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Podcast about Contravirus Anxiety: <https://www.apa.org/research/action/speaking-of-psychology/coronavirus-anxiety>

NPR printable comic for kids: https://drive.google.com/file/d/1PYrKYfOBa4p-azl5z_46KJMbi1FSmL_Y/view

Full article: <https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>