

MANAGING COVID-19 ANXIETY

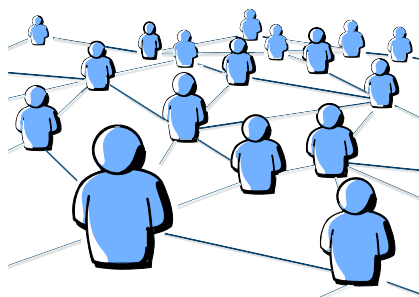


YOU'RE NOT ALONE

Keep in mind that you are not alone. These feelings of stress and fear are normal in times of distress and crisis. Do not invalidate your feelings.

CREATE A ROUTINE

Anxiety feeds on uncertainty. Make sure to keep a daily routine to maintain a sense of normalcy. Keep the same meal and sleep schedule and adapt other activities (i.e. replacing house visits with virtual visits, gym activities with at-home exercise activities etc.)



STAY CONNECTED

Reach out and stay connected with your friends and family through WhatsApp video calls, FaceTime and Skype. Talk to them about your feelings of stress and anxiety, they are most likely feeling the same way. However, make sure you take a break as well and discuss non-COVID related news. Try and reach out to mental health professionals as well.

SET LIMITS

Set limits on your news and media intake. It is important to stay informed. However too much news can increase your anxiety. Schedule your news and information intake instead of constantly taking it in during the day. Make sure you filter out what you read (access credible resources).



GET SOME FRESH AIR

Make sure you take a break from being indoors. Take a walk, hike, bike etc. once in a while. Fresh air and scenery can be therapeutic.

PAUSE AND BREATHE

Deep breaths can help you reduce anxiety and reach a state of calmness.



AVAILABLE TO SUPPORT YOU EVERY DAY BETWEEN 9 AM TO 5 PM.

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For service in English & Mandarin:

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