Managing your Stress During the Coronavirus Outbreak

Human beings like certainty. We want to know what is happening and to notice things that feel threatening to us. It's normal to feel stress when things are uncertain or when we don't feel safe. This reaction is there to protect us and can also cause all sorts of havoc. Wanting to control things we can't, plays a large role in anxiety. Many of us right now are worried about the COVID-19 "Coronavirus" and this makes us feel helpless in not knowing what will happen. In times like these our mental health can suffer. For those who already struggle with our mental wellness, we might feel more depressed. It is important to know that we are not helpless, we can always choose our response. If you are struggling, here are a few things you can do to take care of your mental health in the face of uncertainty.

Separate what is in your control from what is not.

It's helpful to focus on things you can do. Wash your hands and remind others to do the same. Limit news consumption as it tends to focus on the negative.

Stay connected and reach out if you need more support.

Talk to trusted friends or family about what you are feeling. If you find yourself struggling with your mental health, it's ok to reach out to mental health professionals for support.

Do what helps you feel a sense of safety.

This is different for everyone and do not compare yourself to others. It's ok to limit your attendance of social events to feel safe, but make sure you are isolating based on potential for sickness and not because it's part of depression.

Challenge yourself to stay in the present.

If you find yourself worrying about something that hasn't happened, gently bring yourself back to the present. Engaging in mindfulness activities is one way to help stay grounded when things feel beyond your control.

Get outside in nature-even if you are avoiding crowds.

Going out for a walk getting some sun (Vitamin D), fresh air, and exercise also helps both your mental and physical health.

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Information was obtained from the American Foundation for Suicide Prevention website.
www.afsp.org

www.compassbh.org