## MANAGING CORONA VIRUS (COVID-19) ANXIETY

## Tor You

- -Avoid excessive exposure to media coverage
- -Connect through calls/text/internet
- -Add extra time for daily stress relief
- Practice self-care
- Focus on your

mental health

-Reassure them that they're safe

- -Let them talk about their worries
- -Share your own coping skills
- -Limit their news exposure
- Create a routine

## For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- -Create a daily self-care routine
- -Keep yourself busy: games, books, movies
- Focus on new relaxation techniques