



Coronavirus Disease 2019 (COVID-19)

ASL Video Series: Coping with Stress

The COVID-19 pandemic has brought many changes to our day-to-day lives. Some of these changes can make us feel isolated and lonely and add stress, anxiety, and worry. For some, this has been a time of grief and loss as well. In addition to the grief caused by the loss of a family member or friend, drastic changes to daily routines, employments, and support systems can cause grief and undermine our feelings of comfort and stability.

It is natural to feel stress, anxiety, grief, and worry during the COVID-19 pandemic. Learning healthy ways to manage stress can help you, the people you care about, and those around you better cope with difficult times and situations.

How stress can affect you

Stress can affect children and adults in many ways, including:

Feelings of fear, anger, sadness, worry, numbness, or frustration. Changes in appetite, energy, and interests. Difficulty concentrating and making decisions. Difficulty sleeping or having nightmares. Headaches, body pains, stomach problems, and skin rashes. Worsening of existing health problems. Worsening of existing mental health conditions. Increased use of tobacco, alcohol, and other substances.

Take care of yourself

Taking care of yourself can help you take care of others. Here are some ways that you can help yourself and others manage stress.

Take breaks from news stories, including social media. Take care of your body. Try to eat healthy, well-balanced meals. Exercise regularly. Get plenty of sleep. Take deep breaths and stretch. Get outside and take walks when possible. Avoid excessive alcohol, tobacco, and substance use.

Continue with regular health appointments, testing, and vaccinations. You may be able to schedule some medical appointments as telehealth appointments. Get vaccinated with a COVID-19 vaccine when it's available to you. Keep doing things you enjoy, like yoga, reading, or taking an online course.

Connect with your friends and family, either virtually or in ways that make getting or spreading COVID-19 less likely. Share your concerns and feelings with people you trust. Connect with local or faith-based organizations in your community for support and to learn about local events that may be of interest to you. Many organizations are providing opportunities to connect online, through social media, video chat or e-mail. Staying connected with friends and family, including your neighbors, can help you, your loved ones and your community feel less lonely or isolated. If you or someone you care about are feeling overwhelmed with emotions like sadness, depression, or anxiety, there are many ways to get help. Call your healthcare provider if these feelings get in the way of your daily activities for several days in a row.

Resources to help you

If you are having difficulty coping with stress, there are resources available to help you. CDC provides resources for mental health and treatment on the CDC mental health tools and resources webpage.

CDC Mental Health Tools and Resources

<https://www.cdc.gov/mentalhealth/tools-resources/index.htm>

You can contact a crisis line for free crisis counseling.

For anonymous, free crisis counseling

Crisis Text Line Text SIGNS to 741741 for 24/7

The National Domestic Violence Hotline can be reached by phone, TTY, or online chat.

National Domestic Violence Hotline

1-800-799-7233

TTY 1-800-787-3224

Chat: <https://www.thehotline.org/get-help/#>

During times of extreme stress, people may have thoughts of suicide. Suicide is preventable and help is available. If you are in crisis get help immediately by calling 911 or contact the National Suicide Prevention Lifeline.

If in crisis:

call 911 or call the

National Suicide Prevention Lifeline

1-800-273-8255

TTY Users: Use your preferred relay service or dial 711 then 1-800-273-8255

Chat: <https://suicidepreventionlifeline.org/chat/>

CDC has information and resources about the risk of suicide, signs to watch for, and how to respond if you notice these signs in yourself, a friend or a loved one, on the CDC Be There to Help Prevent Suicide Resources Webpage.

CDC Help Prevent Suicide Resources

<https://www.cdc.gov/injury/features/be-there-prevent-suicide/index.html>

Additional information on free and confidential resources to help you or a loved one connect with a skilled, trained counselor in your area is available on the CDC website.

CDC Resources Seeking Counseling or Treatment

<https://www.cdc.gov/mentalhealth/tools-resources/index.htm>

If you are concerned about finances, housing, having enough to eat, or access to health insurance, there may be resources available to help listed on CDC and government websites.

Disaster Financial Assistance with Food, Housing, and Bills

<https://www.usa.gov/disaster-help-food-housing-bills>

Resources for individuals and families seeking food assistance during the COVID-19 pandemic

<https://www.cdc.gov/nutrition/resources-publications/food-and-food-system-resources-during-covid-19-pandemic.html>

Medicaid Resources

<https://www.medicaid.gov/>

For more ASL videos, including information on How to Protect Yourself, Caring for Someone Sick at Home, and Running Essential Errands, go to the CDC YouTube channel.

For the latest information in English text, please visit [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)