

Managing Anxiety and Stress

Everyone reacts differently to stressful situations like COVID-19. This can be a time of strong emotions in both adults and children. You may feel anxiousness, anger, sadness and/or overwhelmed. Find ways to reduce your stress to help yourself and the people you care about.

Here are a few things you can do to support yourself and your loved ones

Learn the common signs of stress such as changes in sleep or eating patterns, difficulty concentrating, worsening on chronic health problems and increased use of alcohol, tobacco or other drugs.

Take breaks from news stories, including social media.

Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.

Make time to unwind. Try to do some other activities you enjoy.

Connect with others by phone, text or email. Share your concerns and feelings with people you trust.

People with preexisting mental health conditions should continue with their treatment and be aware of new or worsening symptoms. They should contact their healthcare provider with any concerns or if stress gets in the way of daily activities for several days in a row.

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety get support by call or text 1-800-985-5990.

Learn more about stress and coping during the COVID-19 outbreak at [cdc.gov/covid19](https://www.cdc.gov/covid19), [coronavirus.gov](https://www.coronavirus.gov).