Coronavirus 19 – Caring for Self as we Care for Others – Rick Loseth, LICSW

For all of us, dealing with Coronavirus 19 (COVID-19) brings many unanswered questions and generates a wide range of feelings. "Anxiety" is one of those feelings that is the most common and often can be difficult to manage or even fully realize the impact it might be having on both our emotional and physical health. Common feelings include a sense of helplessness, powerlessness, being overwhelmed and not sure what to do next. Each of us have our own history and life experiences that influence how we cope with stress and anxiety. Anxiety under any circumstance can create a wide range of responses that can be less than helpful! Below are links to several articles that speak to dealing with the anxiety generated from COVID-19. While each has some different information, there are common themes that emerge. They include:

-**Get the Facts-Feelings**: Understand what are "normal" reactions to anxiety. This can help to better understand another person's comments and reactions and lead to a more productive conversation.

-Get the Facts-Information: Use trusted sources of information for symptoms of COVID-19 and what is taking place locally and nationally. Rumors and false information only serve to fuel more anxiety and uncertainty. Being able to be grounded in accurate information and how to stay safe is important to help address 'what if' thinking and help decision making.

-**Limit media exposure**: We have learned that listening to 24 hour a day coverage on a negative topic is not helpful in maintaining a positive mental health. Set limits to how much is heard and what sources are used (back to Get the Facts!)

-**Focus on What I can Do and What is in my Control**: This can be difficult with so much uncertainty and changes taking place around us, it is important to find ways to take control in those areas I can. It might need to be done on a day to day basis to cope with all the changes occurring.

-Routine – the day to day routine we are familiar with can be drastically upset. Establishing a daily routine is important for a positive mental health.

-Reaching out to others: Research and experience with all types of natural disasters have demonstrated the importance of reaching out and connecting with others. This needs to be done for social contacts as well as connecting with the resources needed to support others.

-Self Care – Mind and Body: We need to take care of ourselves both mentally and physically. We each need to find ways to support both on a daily basis.

Below are a few articles on Managing Anxiety and COVID-19. Each is from a trusted source.
- **Coronavirus (COVID-19): Managing Stress and Anxiety:** https://services.unimelb.edu.au/.../coronavirus-covid-19-managing-stress-and-anxiety The article and other links to articles: 'FACE COVID' by Dr Russ Harris, and Ted article: "I'm incredibly anxious about coronavirus"
- **Manage Anxiety & Stress - Centers for Disease Control:** https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html
- **Managing Fears and Anxiety around the Coronavirus (COVID-19):** https://www.harvard.edu/sites/default/files/content/coronavirus_HUHS_managing_fears_A2 %5B5%5D.pdf
- **How to Cope With Anxiety About Coronavirus (COVID-19):** https://www.verywellmind.com/managing-coronavirus-anxiety-4798909
- **Resources for Supporting Children's Emotional Well Being During the COVID-19 Pandemic:** www.childtrends/org/publications/Reources-for-supporting-children's-emotional......