

Coping with Coronavirus Fears

It's normal to feel worried when facing an unknown threat like the coronavirus.

With the coronavirus in the news every day, it's only natural to have some anxiety.

It can help to remember

- It's normal to feel anxious about safety for yourself, your family, friends, and even strangers.
- You've coped with stressful events before, and you can apply these healthy strategies to this situation as well. Focusing on your strengths and abilities can help you deal.
- It's healthy to accept help from community programs and resources.
- Everyone has different ways of coping and meeting their needs.
- Doctors, nurses, and other caregivers are learning more about COVID-19 every day. They are working together with national and international agencies to identify and provide care to patients while avoiding spread of the illness in the community.

Staying healthy

The best advice we have so far includes taking many of the same precautions we take against the flu. These include

- Wash your hands thoroughly (for at least 20 seconds) frequently, especially after sneezing, blowing your nose, coughing or using the bathroom, and before preparing or eating food.
- If you cough or sneeze, do so into the bend of your elbow, not your hand. Or use a tissue, and then throw it away immediately afterward.
- At home, clean often-touched surfaces such as doors and doorknobs, cabinet handles, bathroom hardware, tabletops, phones, tablets and keyboards regularly with disinfectant.

Easing your stress

Here are some things you can do during this time of public anxiety:

- Limit the time you spend on social media and watching TV coverage about coronavirus, and be aware that rumors circulate on social media that may not be true.
- Talk with someone about your feelings.
- Speak with a counselor who can help you work through your reactions.
- Eat healthy, get enough rest and exercise, relax and/or meditate.
- Spend time with family and friends.
- If you are caring for someone who's contracted coronavirus and are feeling afraid, keep in mind that as human beings, and especially as caregivers, even when facing uncertainty, we've taken precautions and moved forward with our purpose according to our values. Remembering your own history of perseverance can help you persist in this new challenge.

mySupport can help:

mySupport counselors are available at 443.997.7000, option #2, 24/7/365, for in-the-moment support and/or to schedule appointments to help you through this challenging time.