



Stress and Coping: the Outbreak of COVID-19

Possible Discussion Questions for Co-Workers and Community Groups

The outbreak of the Coronavirus Disease 2019 has been stressful for many people. The fear and anxiety can be overwhelming for many of us.

The following are questions to promote reflection and/or discussion among co-workers and community groups. The goal is to increase supportive work environments and supportive communities during this time of tremendous stress.

1. How has your life changed due to the outbreak of COVID-19?
2. What do you miss from before the shelter-in-place?
3. What is difficult for you about the shelter-in-place?
4. What symptoms of stress have you seen in yourself, family members, friends, co-workers?
5. Is there anything that you actually like about the shelter-in-place?
6. For those who continue to work during the shelter-in-place, what are the challenges of continuing to work at this time, whether you continue to work at your business location or you work from home?
7. How does it feel to spend more time at home?
8. How has the shelter-in-place affected your interactions with co-workers and supervisors?
With family and friends?
9. What helps you to get through this stressful time? That is, what self-care activities help you?
10. What self-care activities were previously helpful to you but are now not available to you?
11. Are you receiving enough support from co-workers, supervisors, or human resources during this stressful time? From family, friends, or others?
12. What do you think could help you to cope in this stressful time – coping at work, at home, in your community?
13. Do you know of any family, friends, or community members who must now spend more time alone at their homes?
14. Have you had any opportunities to assist others with their needs, whether practical needs or emotional needs?
15. Given the requirements of the shelter-in-place, what changes at work or home or in the community could make the situation less stressful for you?

**For more information or for support for yourself or others 24/7:
contact the Contra Costa Crisis Center.**

Call 2-1-1 or 1-800-833-2900. Text HOPE to 20121.

For online information:

From the Centers for Disease Control:

go to www.cdc.gov/coronavirus/2019-ncov/index.html.

From Contra Costa Health Services:

go to www.coronavirus.cchealth.org

and www.coronavirus.cchealth.org/coping-with-stress

www.crisis-center.org