

Stress and Coping: the Outbreak of COVID-19 Tips for Self-Care

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

Be Aware of Signs that You Are Feeling Stressed:

- Increased impatience, irritation, anger, arguments, conflicts with family, friends, co-workers, others in the community.
- Increased anxiety, worrying, sadness, depression.
- Feeling overwhelmed by intense emotions.
- Feeling unable to talk about your emotions.
- Difficulty paying attention and concentrating.
- Poor work or school performance, especially with the shelter-in-place.
- Avoiding activities you previously enjoyed.
- Unusual headaches, stomach aches, or other pain.
- Unhealthy eating or sleeping habits.
- Excessive use of alcohol, tobacco, or other drugs.
- If you were already struggling before the shelter-in-place order, the new stress of the current situation could make life even harder for you.

Take Care of Yourself:

- Take care of your physical health.
 - Eat a healthy diet.
 - Get enough sleep.
 - Exercise. Stay active.
 - If permitted, go outdoors – while remaining safe.
 - Wash your hands.
- Take breaks throughout the day.
- Connect with others.
 - Reach out to family, friends, neighbors.
 - Phone calls, texting, messaging, video chat.
- Stay informed while avoiding excessive attention on news media.
- Find ways to help others.
 - Help family members, neighbors, people in need.
 - Send encouraging messages through phone calls, texts, mail, email, social media.
- Ask for help and support for yourself.
 - From trusted family and friends, from trusted sources of support in the community.
 - Contact the Contra Costa Crisis Center anytime, 24/7.
 - Call 2-1-1 or 1-800-833-2900 or text HOPE to 20121.

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

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