



Coronavirus: Tips for Reducing Stress

The outbreak of coronavirus/COVID-19 may be a time of high stress for co-workers, friends, family, and community members. While we may have moments of feeling overwhelmed or wondering what we to do next, there are things that each of us can do to reduce anxiety.

GET THE FACTS	<ul style="list-style-type: none">• Stay up to date at the Virginia Department of Health at www.vdh.virginia.gov/coronavirus• Call the Thomas Jefferson Health District at 434-972-6261 for questions & concerns about the virus in our region.
KEEP HEALTHY HABITS	<ul style="list-style-type: none">• Wash hands, use alcohol-based hand sanitizer, avoid touching your face, and limit exposure to crowds.• Cough/sneeze into your elbow, and if sick, stay home.• Eat well, get enough sleep, and avoid drugs and alcohol.
TAKE BREAKS	<ul style="list-style-type: none">• Do things that make you feel good such as journaling, exercise, meditation, creating art, or being in nature.• Limit media exposure, especially for children or when it causes you stress.• Notice worrisome thoughts and do something like deep breathing or talking with a loved one to interrupt them.
HAVE A PLAN	<ul style="list-style-type: none">• Check out www.ready.gov/pandemic for how to stock up on a two-week supply of food, medications, and cleaning supplies.• Work with others to plan for childcare and know how to care for loved ones who become sick. Remember that most individuals who become sick will be ok, and only a few will require serious medical care.
STAY CONNECTED	<ul style="list-style-type: none">• Talk with family and friends about concerns and fears, and make plans to use phone and digital platforms to connect with older adults or people with underlying health issues.• If you currently see a therapist, ask about options for phone sessions.