



MANAGING COVID-19 ANXIETY

FOR YOU:

- Avoid Information Overload: Excessive access to media coverage and incoming new information can increase anxiety levels
- Social Support: Connect with loved ones via calls/text/internet, limiting bodily or face to face contact.
- Self-Care: Factor time in your day to relieve daily stress



FOR YOUR HOME:



- Avoid Over Buying: Before purchasing items in bulk, assess your household's needs & their usage of certain items
- Share Knowledge: Ensure that you have the necessary medical information on hand e.g. medical sites to contact if displaying symptoms
- Create a Routine: Put steps in place for your family to increase and/or practice a routine of sanitary practices

FOR KIDS:

- Ease Their Worries: Reassure them that they are safe
- Provide a Safe Space: Let them talk about their fears/worries/anxieties and do your best to dispel information to them to decrease those anxieties
- Control Their Exposure: Kids have very active imaginations, by exposing them to excess media coverage, this can increase their anxiety



FOR QUARANTINE:



- Social Support: Keep in contact with your loved ones via social media channels etc
- Create a Daily Routine: This will allow you to feel secure in the fact that you are doing what you can for your proper health
- Keep Busy: Read a book, watch movies, do administrative work etc.
- Relaxation Techniques: exercises such as deep breathing can calm our heart-rates when our anxieties are on high.

For More Information or Support Please E-mail Us At:

eap@familiesinaction.net

Or Contact Your Designated In-country Help-line