

# TAKING CARE OF YOUR STRESS

## DURING COVID-19 OUTBREAK

WHICH OF THESE COMMON BEHAVIORAL, PHYSICAL, EMOTIONAL, AND COGNITIVE RESPONSES DO YOU RECOGNIZE IN YOURSELF?

### YOUR BEHAVIOR

- Eating too much or too little
- Procrastinating
- Increased use of alcohol and substances
- Increase in restlessness, fidgeting and pacing
- Short tempered, short fused

### YOUR BODY

- Upset stomach, including diarrhea, constipation, and nausea.
- Tense muscles and headaches
- Rapid heartbeat
- Low energy
- Loss or increase in appetite
- Insomnia

### YOUR EMOTIONS

- Depression or anxiety
- Irritability and anger
- Feeling guilty
- Feeling overwhelmed, unmotivated, or unfocused.

### YOUR THINKING

- Having trouble remembering things
- Feeling confused
- Having trouble thinking clearly and concentrating
- Having difficulty making decisions

## PRACTICAL TIPS ON HOW TO RELIEVE STRESS DURING AN INFECTIOUS DISEASE OUTBREAK

### BODY

- Eat healthy foods, and drink water.
- Avoid excessive amounts of caffeine and alcohol.
- Do not use tobacco or illegal drugs.
- Get enough sleep and rest.
- Get physical exercise.

### MIND

- Focus on positive parts of your life - what is going well and what you do have control over.
- Set limits on how much time you spend reading or watching news about the outbreak
- Take deep breaths, stretch, meditate

### EMOTIONS

- Recognize warning signs of stress.
- Talk about your feelings to loved ones and friends often.
- Take deep breaths, stretch and meditate.
- Be present.
- Talk to a therapist