

# Feeling Worried or Anxious?

## You Are Not Alone!



It is natural to experience fear and anxiety in response to COVID-19.

In a pandemic:

- Things feel out of control
- Things feel unpredictable
- We feel unsure we'll be able to respond effectively to upcoming events and changes



## What Should I Do?



Choose a selected number of trusted news sources, for example:

- [Centers for Disease Control and Prevention](#)
- [Nevada Health Response](#)
- [Nevada Public Radio](#)
- [Nevada Independent Coronavirus Live Blog](#)

Check these sources at set times, for example twice a day, and then focus on other activities. Try not to become obsessed with every news story and rumor.



Maintain good self-care:

- Get good sleep
- Eat healthfully (whatever that means for you)
- Take breaks to exercise or move your body in a way you enjoy
- Reach out to social supports



Consider setting a “worry time” – select times each day when you will review news updates, consider if you are following prevention and preparedness recommendations, and make any needed changes based on those recommendations.

Two “worry times” per day may help you keep up with rapidly changing recommendations.



Use healthy strategies to cope with anxiety, instead of using unhealthy ways of coping such as drinking alcohol excessively.

- Focus on things you value
- Be fully present during current activities, especially those that you enjoy or that give you a sense of accomplishment
- Re-evaluate catastrophic thinking – consider other perspectives so that you can distinguish between current reality and an imagined worst possible outcome
- Try mindfulness or relaxation exercises on your own or guided by an app or website



Establish routines, especially in light of school closures, telecommuting, and other disruptions to everyday life. Most of us benefit from some structure, so however things have changed for you during this time, look for ways to establish routines and create a “new normal.”

**When should I seek help?**



- If you have a pre-existing mental health condition, continue your treatment and monitor for new or worsening symptoms.
- If you find that you are having difficulty sleeping or eating, cannot disengage from worries, are having excessive conflicts with friends/family, or cannot concentrate on work, reach out to your healthcare provider or the **Disaster Distress Helpline: 800-985-5990**
- If you are worried about your child, call the **Mobile Response Team: 702-486-5282**