

# Coping during COVID-19

## Common sources of stress

During this time, individuals who are sick, or may have been exposed to COVID-19, are asked to limit social activities by staying home and practicing social distancing, isolation, and quarantine. While these steps can help prevent the spread of illness to others and to vulnerable populations, these steps also lead to disruption in our daily routines (e.g., working, spending time with friends and family, and attending religious activities).



## Common feelings

As the COVID-19 situation continues to evolve, there is a lot of uncertainty about how long daily routines will be disrupted. Sometimes people can feel **anxious** or **worried** about becoming sick, have difficulty focusing on a task, or difficulty sleeping. People may experience feelings of **sadness** or **low mood** when daily routines are disrupted and social activities are limited. **Anger**, **irritability**, or **frustration** are also associated with social distancing, isolation, and quarantine.

## Coping strategies

### STAY CONNECTED VIRTUALLY

Call your friends and family, send text messages, or video chat. If you're experiencing any of the common feelings listed above, use these conversations to share your experience.

### CREATE AND FOLLOW A DAILY ROUTINE

No matter how small the goal or activity—Take time to schedule out your day! Write down in a journal when meals will be, what time you can schedule a phone call, watch a favorite TV show, or listen to an audiobook.

### STAY POSITIVE

Focus on the altruistic reasons for social distancing, isolation, and quarantine. While these strategies lead to a disruption in your routine, you are helping to protect vulnerable populations.

### BALANCE NEWS WITH OTHER ACTIVITIES

Watching or listening to too much media coverage can increase feelings listed above. It is important to spend time doing other activities such as reading, listening to music or audiobooks

Telehealth services are here to support you and your loved ones during this time. Please reach out to us with any questions or concerns.

For additional resources: <https://www.apa.org/practice/programs/dmhi/research-information/social-distancing> <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>