

# DEALING WITH STRESS + ANXIETY

## COVID-19

**We all react differently.**

**Taking care of yourself and others can help you cope with stress and make your community stronger.**

**The following people may have a stronger reaction to the current pandemic situation:**

- **Older people + those with chronic disease** (at higher risk for COVID-19)
- **Children + teens**
- Those who are responding to the COVID-19 pandemic: **doctors, healthcare providers, public health workers, + first responders**
- **Those who have mental health conditions**, including issues with substance use

**Stress during a pandemic may include:**

- **Fear/worry** about the health of your loved ones or yourself
- **Changes** to sleep or eating habits
- **Issues concentrating or sleeping**
- **Worsening of chronic health conditions**
- Increased use of alcohol, tobacco, or other drugs

## How can you support yourself?



### Take care of yourself.

Eat nutritious meals, get 8 hours of sleep, exercise, meditate, and take deep breaths.



### Take time to relax.

Try to add fun activities into the day.

### Take a break!

Stop watching, listening to, or reading news stories about COVID-19 -- this includes social media



### Stay connected!

Connect with friends and family -- call, text, or video conference.



**Need help now?** **Genesee Health System has you covered!**

**Call the 24/7 Crisis Hotline at (810) 257 - 3740 OR**  
**Text FLINT to 741741 to access the Crisis Text Line**

Find more information at [www.genhs.org/Services/Crisis-and-Access-Services](http://www.genhs.org/Services/Crisis-and-Access-Services)