## DEALING WITH STRESS + ANXIETY

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

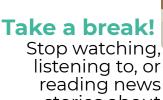
### How can you support yourself?





#### Take care of yourself.

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



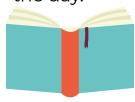
stories about COVID-19 -- this includes social media





#### Take time to relax.

Try to add fun activities into the day.



#### Stay connected!

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





#### **Need** Genesee Health System has you covered!

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

**now?** Find more information at www.genhs.org/Services/Crisis-and-Access-Services



#### For more information

visit our website at www.gchd.us/coronavirus and follow us on Facebook!

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