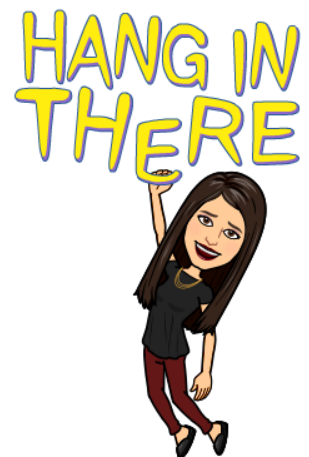


Wayne County Tips for Reducing COVID-19 Anxiety

- **Focus on what helps you relax**—Practice yoga, listen to music, meditate, or engage in your favorite at-home hobbies to help clear your mind
- **Know that you can take action to help reduce your risk**—This includes washing your hands frequently, practicing social distancing, sneezing/coughing in your inner elbow, and contacting your healthcare provider if you have concerns
- **Maintain a healthy diet and exercise**—This can help improve your immune system and mental health
- **Get enough sleep**—When stressed, your body needs additional rest
- **Take deep breaths**—Inhale and exhale slowly
- **Focus on what you can control**—Reflect on your feelings and behaviors
- **Maintain a positive attitude**—Remember that the world is resilient and we can make it through this!
- **Avoid misinformation**—Use reputable sources of news and information to avoid rumors that can stimulate anxiety
- **Don't let fear control your actions**—This can include hoarding supplies
- **Use technology to connect with others**—Tell friends and family you're feeling overwhelmed, and let them know how they can help you. Talk to a physician or therapist if you seek professional help



Public Health



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Info Lines: 2-1-1 or (734) 287-7870