

COVID-19 STRESS MANAGEMENT



Managing Stress During the COVID-19 Outbreak

1. Increase your sense of safety.

- Follow [CDC guidelines](#) on how to protect yourself and others.
- Make a [household checklist](#) so you can be prepared if someone in the home becomes ill or shelter-in-place measures are ordered.
- Put together an [emergency kit](#) with supplies to last you and your family.

2. Stay connected.

- Seek support from friends, family, mentors, and clergy. Even if you cannot meet face-to-face, you can call, e-mail, text, or meet virtually using apps like Skype and Zoom.

3. Take action to stay calm.

- Realize that it is understandable and completely normal to feel anxious and worried, especially when so many aspects of your life are affected.
- Avoid watching the news too much if that's a stressor for you, especially just before going to bed.
- Practice relaxation techniques, get [physical activity](#), and get enough sleep.

4. Improve your sense of control.

- Set achievable goals, given your new circumstances.
- Avoid impulsive behavior.
- Get organized.
- Use positive coping behaviors that have worked for you in the past.
- Seek out a mentor or other reliable information source to improve your ability to make decisions and take action.
- Accept circumstances that cannot be changed and focus on what you can alter.

5. Remain hopeful.

- Celebrate successes, find things to be grateful about, and take satisfaction in completing tasks—even small ones.
- Be patient and kind to yourself and to others. Try to see the situation as an opportunity to learn or build strengths independently, and together.
- Take breaks to do something you enjoy.
- Consider the stressful situation in a broader context and keep a long-term perspective.

Adapted from [Managing Stress Associated With the COVID-19 Outbreak](#)

For more information about stress management resources, contact wellness@cdc.gov.

