TIPS FOR ADULTS: ANXIETY AND CORONAVIRUS (COVID-19)

WHAT IS COVID-19?
“Coronavirus” is a type of virus. COVID-19 is a new coronavirus, first identified in people in December 2019.

SHOULD I BE WORRIED?
Everyone reacts differently to stressful situations. Many of us feel anxious, uncertain or scared. This is normal! For most people, getting the virus might look like a cold or typical flu. Most people (about 80%) get better without needing special treatment. Older people and people with other medical conditions are at higher risk of developing serious COVID-19 illness. Contact your doctor if you have any questions about your specific risk.

HOW CAN I REDUCE MY ANXIETY ABOUT COVID-19?

Connect with others. Reaching out to friends and loved ones is one of the best ways to reduce anxiety, depression & loneliness. You can do this even if you are quarantined or following social distancing recommendations by using Skype, FaceTime or similar apps. Share your concerns, talk and laugh “face to face.”

Take care of your body & mind. This is even more important during stressful times. Take deep breaths, stretch or meditate. Try to eat healthy, exercise, get plenty of sleep and avoid alcohol & drugs. Focusing on the positive and staying hopeful can help manage stress. Consider keeping a journal where you write about things that are going well. Remind yourself that this situation will pass.

Take Breaks. Make time to relax and plan activities that you enjoy. Call Montefiore’s Relaxation Hotline for guided activities to help anxiety in English & Spanish | 718-920-CALM (2256)

Limit time watching news and on social media. Reading or listening to scary messages constantly may not help with planning and may only increase your anxiety. Take care of yourself by limiting the time you and your family spend watching or listening to upsetting news. To get the facts you need to keep yourself and your family safe, look for information on the WHO and CDC websites or local public health agencies (see top of this flyer), and limit how much you check those websites to 2-3 times per day.

Seek help when needed.

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NYC Well | 1-888-NYC-WELL
Text “WELL” to 65173

SAMHSA’s Disaster Distress Helpline | 1-800-985-5990 (English and español)
SMS: Text “TalkWithUs” to 66746 SMS (español): “Hablanos” al 66746