

How to Deal with Stress and Anxiety During COVID-19

STRESS:

- One's reaction to changes and/or challenges
- Stress levels can be both helpful & hurtful
- Stress is an expected and completely normal response.

Stress & Anxiety:

- Stress can come from any situation or thought that makes you feel frustrated, angry, nervous, worried or even anxious.
- Anxiety is a feeling of **extreme** stress, panic, nervousness, unease, or worry. It can feel like you're getting chased by a bear! These feelings can interfere with daily life.

Physical impacts of stress:

- Headache
- Pounding heart
- Shortness of breath
- Muscle tension
- Stomach/digestive issues
- Unhealthy eating or sleeping habits

Emotional impacts of stress:

- Worry or anxiety
- Overwhelm/Irritability
- Difficulty concentrating
- Difficulty with decision making
- Inability to calm down
- Depression
- Anticipates negatives
- Avoidance

CHALLENGE:





1. Identify your stress level using the graph below
2. Try one of the coping strategies on the list provided
3. Re-evaluate your stress level. Do you feel any better?









30+

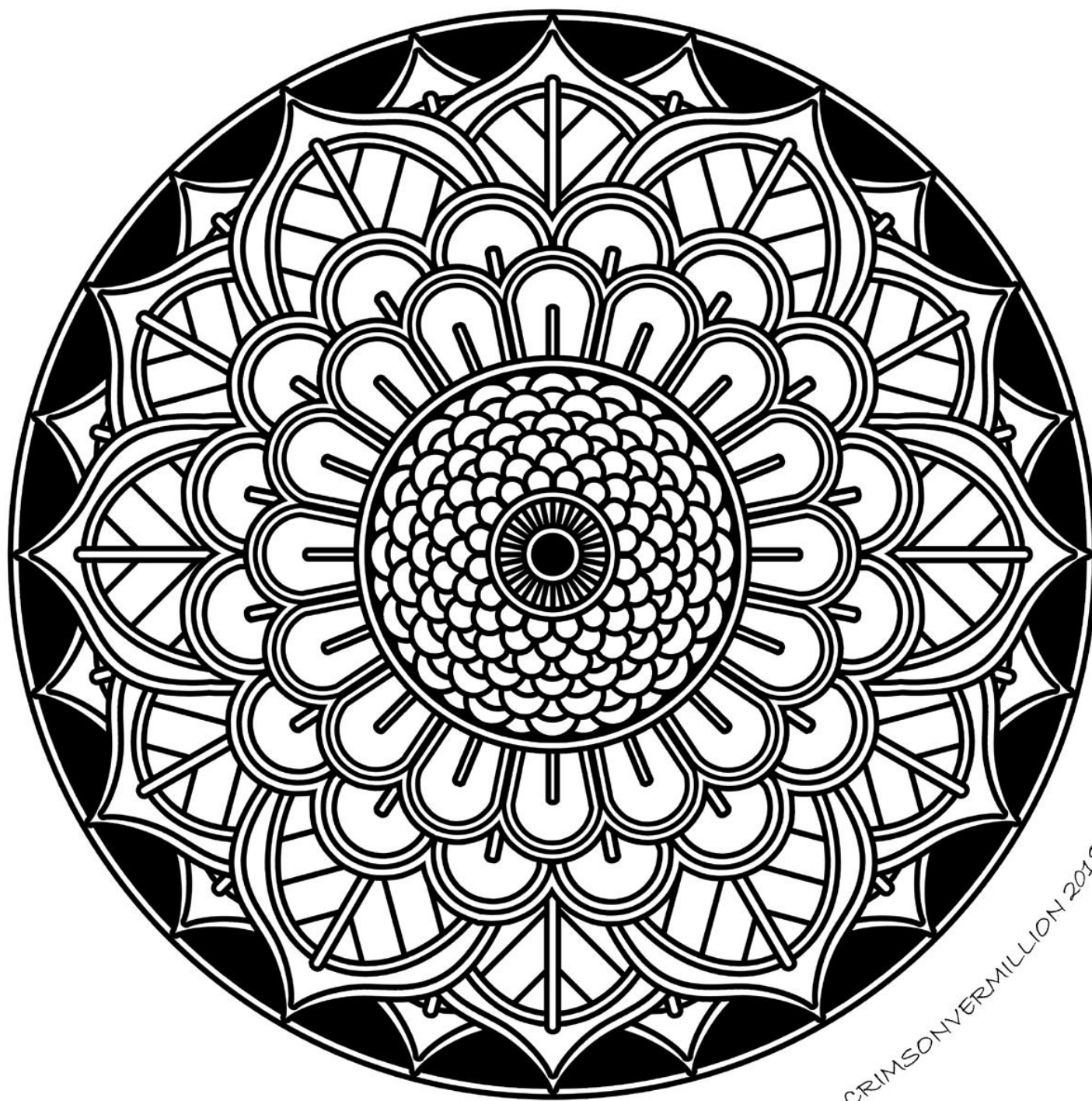
WAYS TO DE-STRESS

IN LESS THAN 10 MINUTES

- LISTEN TO YOUR FAVORITE TUNES
- HEAD OUTSIDE
- STRETCH
- MEDITATE
- READ FOR PLEASURE 
- WALK, BIKE, SKATEBOARD AROUND THE BLOCK
- COUNT TO 10
- DANCE
- JOURNAL
- WRITE DOWN 10 THINGS YOU'RE GRATEFUL FOR 
- DOODLE OR DRAW
- TELL SOME JOKES 
- CALL A FRIEND
- CHEW A PIECE OF GUM
- FOCUS & NOTICE YOUR PRESENT SURROUNDINGS (GROUNDING)
- DISCONNECT FROM TECH 

- LOOK AT A HAPPY PHOTO
- SQUEEZE A STRESS BALL
- WATCH A FUNNY YOUTUBE VIDEO 
- PUNCH A PILLOW
- DEEP, SLOW BREATHING
- READ AN INSPIRATIONAL QUOTE 
- SPEND TIME WITH YOUR PETS 
- PRACTICE YOGA POSES
- DO 20 JUMPING JACKS
- DO SOMETHING NICE FOR SOMEONE
- SIT IN THE SUN 
- VISUALIZE A SAFE, COMFORTING PLACE 
- PICK SOME FLOWERS
- GIVE YOURSELF A NECK MASSAGE
- TAKE A SHOWER 
- KICK A SOCCER BALL

Color either a mandala or whatever you feel like. Coloring uses the entire brain while sparking creativity and reducing stress. Use this template, print your own at <https://www.justcolor.net/relaxation/> or color online at <http://www.coloring.com/>



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