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

www.SharonMartinCounseling.com
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/