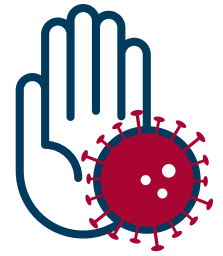
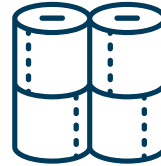


MANAGE ANXIETY RELATED TO COVID-19

Don't Be Afraid – Be Smart



Control what you can – be positive in your thoughts, behaviors and attitudes.



Don't let fear drive decisions. Resist the “pack mentality” that results in actions such as hoarding supplies.



Remember the big picture. Continue normal activities to the extent possible.



Do small but important things to care for your mind and body.



Model calming behaviors, especially with the children in your life.



Monitor your alcohol intake. When people are distressed, it can be become easy to slip into problems or relapse.



Limit the flow of “late-breaking news” to avoid becoming overwhelmed.



Exercise from your home if you are able to safely. Yoga and light stretching are helpful too.



Rely only on information sources that are credible and trustworthy.



Refrain from worrying about the future. Focus on one week at a time. A few minutes of meditation make a difference in your outlook.



Stay home as much as possible. While practicing physical social distancing and isolation, try to stay in contact with friends and family by phone and video calls.

 **Medicine**

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