

Take a well-being break

# Steps to stress less

All the talk around COVID-19 may have you feeling anxious or stressed. We understand. We're all in this together. And we want to check in with how you're feeling.

## Symptoms of anxiety include:

- Intense worry
- Fatigue
- Panic
- Obsession
- Nightmares
- Muscle tension
- Headaches
- Sleep problems
- Rapid heart rate
- Shortness of breath
- Chest pain
- Sweating

If you're feeling anxious, try these steps to help you get through it:



**Take control of the situation.** There are steps you can take to limit your risks of getting COVID-19. Wash your hands often. Don't touch your eyes, nose and mouth. And disinfect your home and work area regularly. For more suggestions, visit the [Centers for Disease Control and Prevention \(CDC\)](#) and [World Health Organization \(WHO\)](#) websites.



**Take care of yourself.** Eat nutritious food, exercise, limit alcohol consumption and make sleep a priority. Stay connected with family and friends online or by phone so you're not lonely.



**Stay informed by learning the facts.** Be sure to get your information from credible sources, such as the CDC and the WHO.



**Think about the impact you have on others.** Take preventive measures seriously. Talking with family and friends about the positive steps you're taking to stay safe will encourage them to do the same.



**Limit your media exposure to COVID-19 news.** Today's news cycle is 24/7, and the exposure can add to the stress. Unplug and give yourself some down time.



## For extra support

If you need more help, you have options:

- Your company's **Employee Assistance Program (EAP)**; or
- Your **primary care doctor**; or
- **Telehealth resources** – offered online, via phone, and through mobile apps - focused on mental health and emotional wellness; or
- **1-800-985-5990**, a confidential national hotline for crisis counseling from the Substance Abuse and Mental Health Services Administration. It's toll-free and available 24/7.

