

If you find yourself feeling anxious or panicky with the recent turn of events, here are some practical tips to help manage the anxiety.

- Be careful about your information diet. Stay informed, checking in once or twice a day, but do not keep a steady stream of news on if you are feeling anxious.
- Take good care of your body- eat regularly, get good sleep, stretch, breathe, move around a bit.
- If your normal routine has been interrupted, create a new daily routine. Predictable routines can have a calming effect. Write down a daily schedule.
- Stay connected to other people. This is a great time to call or text people. If you have some social anxiety and need an opening line, try... “Hi, I was starting to feel a little anxious about all this Coronavirus stuff. I wanted to call and check in. How are you?”
- Only give your kids age appropriate information. Young children do not need to be exposed to the full news cycle. Something truthful, but age appropriate might be, “There is a new virus going around. We are going to do everything we can to help it stop spreading, so we are going to wash our hands a lot and stay home more than usual. There are many good doctors and nurses working hard to help the people who are sick.” If you are feeling anxious, try to talk to someone other than your kids about it.
- Practice mindfulness. Engage in an activity that captures your attention. Anything from gardening to sudoku to centering prayer- whatever works for you! For some tips on mindfulness meditation...
<https://www.mindful.org/meditation/mindfulness-getting-started/>
- Attune to goodness. There are so many resources out there for us to watch and listen to. Find something that makes you laugh or reminds you of the beauty in life. Mercy Street has a large archive of sermons, as well as the *In All* podcast where you can listen to stories from our community. You can find the links to those here...
<https://www.chapelwood.org/mercy-street/messages/video-archives/>
<https://www.chapelwood.org/mercy-street/whats-up/in-all-experience/>
- If you find that you need more help, mental health care is becoming more accessible through tele-services. *Betterhelp* is one way to get matched with a licensed mental health care provider who will talk with you over the phone or email.
www.betterhelp.com
- Free Crisis Hotlines are also available. The staff at NAMI are well-trained to answer questions on a wide range of mental health issues, including anxiety. Available Monday through Friday from 9 a.m. to 5 p.m.
National Alliance on Mental Illness (NAMI) Helpline: 1-800-950-NAMI (6264)

