Zion International Missions Ministry

Coping with Stress

Coping with Stress during a COVID-19 outbreak (cdc.gov)

The Coronavirus Disease 2019 (COVID-19) pandemic had a widespread economic, social and political effect globally, including in the United States, Latin America and Caribbean, and again in year 2020-2021.

The coronavirus disease 2019 (COVID-19) pandemic may be stressful for people. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children. Although public health actions, such as social distancing, can make people feel isolated and lonely, it can increase stress and anxiety.

Stress during an infectious disease outbreak can sometimes cause the following:

- Fear and worry about your own health, your financial situation or job, or loss of support services

- Changes in sleep or eating patterns

- Difficulty sleeping or concentrating

INSIDE THIS ISSUE

Published by Cecil- ZIMM, Inc. Marketing Team

Mental Health Concerns & Ways to Cope with Stress

Mental Health Concerns

Everyone reacts differently to stressful situations. How you respond to stress during the COVID-19 pandemic can depend on your background, social support from family or friends. Try relaxing techniques and talking with others in your area or community.

Care for yourselfone small way each day by creating an stress-free environment such as:
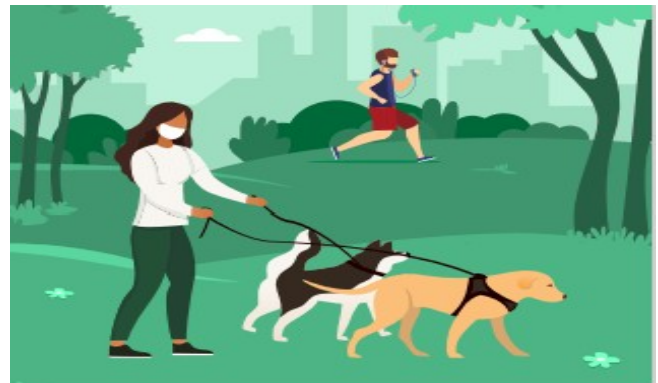
Head outdoors and get moving

Take care of your body and get moving to lessen fatigue, anxiety, or sadness