

Coping with Stress

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

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

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

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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.

Below are some ideas that can assist in coping with stress during the COVID-19 pandemic. Care for yourself one small way each day:



Head outdoors and get moving



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