

MANAGING STRESS DURING CORONAVIRUS (COVID-19)

HOW TO PREVENT LONELINESS IN A TIME OF SOCIAL DISTANCING?

The outbreak of coronavirus disease 2019 (COVID-19) puts stress on individuals, families, and communities. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger. While social distancing is required to slow the spread of COVID-19 it is important that you participate in daily activities that will help prevent loneliness.

EXAMPLES OF DAILY ACTIVITIES THAT MAINTAIN SOCIAL DISTANCING:



Call friends and family: Connect with others. Talk with people you trust about your concerns and how you are feeling.



Face-to-face from afar: The next best thing to in-person interaction is video chat, because facial cues, body language and other nonverbal forms of communication are important for bonding. Try having a digital dinner with family or friends, a virtual happy hour with friends or a remote book club meeting.



One-minute kindness: Receiving a direct message or e-mail with a genuine compliment or expression of gratitude is personal and may give a friend a positive emotional response. When you find yourself scrolling through people's posts, stop and send them a few kind words.



Get some exercise: Exercise has long been shown to have a beneficial effect on mental health and it is no different now. Use online workout videos, turn on music and dance, take a brisk walk, or go on a hike.



Get some fresh air: Being outdoors has a lot of health benefits, but increasingly it is being used to help manage anxiety and mood disorders.



Ration your worry time: Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting. Set only a limited time (e.g. 1 hour) each day to think about COVID-19.

If you need MENTAL HEALTH TREATMENT AND SUPPORT In Wisconsin, please call 211. For Minnesota based cell phones (those without a 715 area code) please call 1-877-947-2211.

For additional strategies for managing anxiety and stress please refer to CDC Guidance: shorturl.at/ejpFL