

Coping with COVID-19

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If you're feeling on edge, you're not alone. It is natural to feel stress, anxiety, grief, and worry during and after a crisis. Everyone reacts differently, and your own feelings will change over time. Notice and accept how you feel. Taking care of your emotional health during an emergency will help you think clearly and react to the urgent needs to protect yourself and your family. Self-care during an emergency will help your long-term healing. [cdc.gov](https://www.cdc.gov)

According to the CDC, stress and anxiety during and infectious disease outbreak might include:

- Fear and worry about your own health and the health of your loved ones
 - Changes in sleep or eating patterns
 - Difficulty sleeping or concentrating
 - Worsening of chronic health problems
 - Increased use of alcohol, tobacco, or other drugs
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Whether you are working from home or on site – there are additional stressors you are probably experiencing right now. Practicing self-distancing is most likely interfering with the self-care routine you have in place. Now, more than ever, it is vital for us to practice self-care for our own wellbeing and for the wellbeing of others.

Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting. Limit screen time. Choosing only credible websites ([cdc.gov](https://www.cdc.gov)) for a limited amount of time each day will be in your best interest during this time.

Try and maintain some semblance of structure from the pre-quarantine days. If you're working from home it will be tempting to fall into a more lethargic lifestyle, which could lead to negative thinking. Wake up and go to bed around the same time, eat normal meals, shower, adapt your exercise regimen, and get out of your PJ's. Not only will sticking to your normal routine keep you active and less likely to spiral, it will be easier to readjust to the outside world when it's time to get back to normal.

Work on reframing your thoughts. For example, reframe "I am stuck inside" to "I can finally focus on my home and myself." Doing one productive thing per day can lead to a more positive attitude. Set your sights on long-avoided tasks, reorganize, or create something you've always wanted to. Approaching this time with a mindset of feeling trapped or stuck will only stress you out more. This is a chance to slow down and focus on yourself.



Take care of your body; try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs. It may be hard to keep a normal fitness routine, so I've included some digital workouts that are available for free down below.

Talk with people you trust about your concerns and how you are feeling. **You are not alone in this.** Most therapists are now offering telehealth options which were not previously permitted in every state. Reach out to your provider and ask if they are offering telehealth sessions. (adaa.org)

NEED TO CALM YOUR MIND?

Mindfulness apps are a great way to practice meditation:

- Calm
- Headspace
- Insight Timer
- Smiling Mind (Free!)
- Downward Dog (Free!)

STAY ACTIVE!

Many gyms and fitness studios are offering free online versions of their classes.

- Yoga: [CorePower Yoga](#)
- Zumba: [STRONG by Zumba](#)
- Dance: [305 Fitness](#)
- Gym: [Planet Fitness](#)
- CrossFit: [CrossFit](#)

Have a ClassPass account?

These [studios](#) are streaming workouts.

Paying attention to what we have control over is important. There are many things we cannot control about this situation and not knowing how long it will last can feel unnerving – but we can control some pieces of the day and it's important that we focus on these things and not the things we can't control.

If you're worried about something, you might ask yourself if you can do anything about that concern. If you can't, you need to try to let those worries dissipate as much as possible through breathing and calming thoughts. (Stanford.edu)

MANAGING CORONA VIRUS (COVID-19) ANXIETY

For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

