

STRESS AND ANXIETY MANAGEMENT FOR PROVIDERS DURING COVID-19



The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people and communities. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. If you are providing care for a sick family member at home or you are a provider in a hospital or clinic setting, this can take an emotional toll on you. It is quite normal for you to be feeling this way in the present situation. Know the signs of stress and anxiety in yourself. Know how to relieve stress. Know when to get help.

KNOW THE SIGNS

- Fear and worry about your own health status and that of your loved ones who may have been exposed to COVID-19
- Changes in sleep or eating patterns
- Difficulty sleeping, concentrating, or making decisions
- Feelings of depression or anger
- Worsening of chronic health problems
- Increased use of alcohol, recreational tobacco, or other drugs

HOW TO COPE

Coping with these feelings and getting help when you need it will help you, your family, and your community recover. Stay in contact with family and friends while maintaining safe physical distance as much as possible. Take care of yourself and each other, and know when and how to seek help.

WAYS TO SUPPORT YOURSELF

Take a Break from Media

People can become more distressed if they see repeated images or hear repeated reports about the outbreak in the media. Take breaks from watching, reading, or listening to news stories. Instead, listen to your favorite music or read a book to take your mind off of the situation.

Take Care of Your Body

Create a menu of personal self-care activities that you enjoy, such as exercising or meditating. Take deep breaths or stretch. Use your time off to relax—eat healthy, well-balanced meals, get plenty of sleep, and avoid alcohol and drugs. This is an experience that few of us have had before, but strategies you have used before can continue to benefit you now.

Take Care of Your Mind

Connect with others and keep healthy relationships. Share your concerns and how you are feeling with a co-worker, friend, or family member. Maintain a sense of hope and positive thinking and remind yourself that these strong feelings will fade.



This publication was supported by Cooperative Agreement U254IHS0001-01-00, funded by the Indian Health Service.

Updated March 27, 2020

Ask for help if you feel overwhelmed or concerned that COVID-19 is affecting your ability to care for people as you did before the outbreak.

SAMHSA's Disaster Distress Helpline Toll-Free: 1-800-985-5990 (English and Español) or TEXT: "TalkWithUs" to 66746

For more information: [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus)