

Healthy at HOME

Taking care of your mental health and well being.



The Stress of Coronavirus

We are living unprecedented times in response to the coronavirus pandemic. Questions are swirling in our minds: when will this social isolation end, is my job at risk, are my kids learning anything? Even the most well-adjusted people may start to feel an uptick in anxiety due to a sudden feeling of isolation or a feeling of losing control over your world.

It's important to take extra precaution to protect your physical health; it's just as important to protect your mental health. Here are a few tips to help you to manage stress and maintain resilience.

Tips to Reduce Anxiety

Take control of your fears, when you can. It makes sense to feel anxious during these uncertain circumstances. There's nothing weak or irrational about these feelings and accepting this is the first step towards handling these feelings. It's helpful to name what is worrying you the most—Are you worried you or a family member will get sick? Or if you'll have enough money if your family loses income? Take your list of worries and come up with some strategies for how to best prepare for and respond if they happened. You'll probably find simply having a plan in place gives you sense of control and reduces some anxiety about these concerns.

Get the facts. It is helpful to adopt a clinical and curious approach to topics that may be causing you stress so you can better understand what is happening. Be sure to find credible, evidence-based sources you can trust when you are gathering information for health-related details. Rely on your local health department and national health organizations like Centers for Disease Control and Prevention (CDC).

Avoid overexposure to the news. While it's important to stay informed, information overload can lead to extreme behavior in one of two ways—becoming anxious (even obsessed) or becoming numb and desensitized. Taking media breaks is crucial. Rather than monitor the news 24/7, limiting news checks to a few times a day may reduce your stress. Instead of checking the news, try deep breathing or other stress-reducing activities, gardening or doing a puzzle.

Support your community. Once you are able and ready, turn your focus to helping your loved ones and your community. Showing compassion and empathy can provide you with psychological and emotional security by focusing on what you have control over in your life. One of the best ways to help is to follow guidelines to self-isolate or self-quarantine as this help both you and others from contracting the virus. Consider other ways of helping such as donating food, money or blood, volunteering, writing letters to senior living facilities or health care workers and supporting local businesses.



To stay up to date on all the latest coronavirus information, visit the [Coronavirus \(COVID-19\) webpage](#) on the Centers for Disease Control and Prevention (CDC) website.

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Get Work Done—Even from Home

Every job is different and the amount you can achieve at home will vary, but there are a few universally helpful tactics for when you work from home.

Eat some breakfast. Get out of pajamas.

Sticking to a morning routine even when you aren't leaving the house is important. It helps you mentally prepare for the day and gets you into the right mindset to be productive. Wake up at your normal time, shower, get dressed, eat breakfast, and get to work. Set a schedule and stick to it.

Know your work style.

Are you most productive in the morning or the afternoon? In silence or with background noise or music? Create a work environment that allows you to be at your best. Figuring out your optimal workday will help you be more productive and more satisfied.

Create a workspace.

As tempting as it may be to sit on the couch or your bed to work, these are not optimal places to work at for the entire day. Find a desk or even the dinner table and maintain your posture by going for a chair, a barstool or standing workspace during "office" hours. When your workday is done, you can leave your "office" behind.

If you have kids, be patient.

It's difficult to get work done with kids at home, but even harder with younger kids like babies and toddlers. Be patient, flexible and have a plan.

Set a schedule: Keep a normal school day for consistency. This will build confidence in knowing what to expect and what is expected of them.

Work when they are busy: Build in time during the schedule when they are learning without you (through a workbook or technology). With younger kids, take advantage of naps and quiet time.

Take care of yourself.

Making your health a priority is one of the most important things you need to do right now. Be sure you are getting as much sleep as you can each night, eat healthy food, drink plenty of water and try to incorporate 30 minutes of exercise each day.

Mindfulness and Stress Management Resources

Corepower Yoga – Free classes on demand right now.

YogaWorks – Live stream yoga classes.

Calm*: A mobile app designed to assist with happiness, fulfillment and joy. Experience guided meditation and stretches along with other resources. [Search for "Calm" in the app store.](#)

Headspace*: A mobile app focusing on mindfulness and meditation. Track progress and invite friends for accountability and motivation. [Search for "Headspace" in the app store.](#)

Mindful: A website dedicated to inspiring, guiding, and connecting those who want to explore mindfulness. Resources include meditation courses and more. [Get started at mindful.org.](#)

Sanvello: Virtual coaching and resources to help cope with stress and anxiety. Currently free. [Visit https://www.sanvello.com/coronavirus-anxiety-support/.](https://www.sanvello.com/coronavirus-anxiety-support/)

*Some features are free while others require paid subscription.