

LifeAdviser Special Edition

Managing Fears and Anxiety around Coronavirus

As information about Coronavirus unfolds, there can be a wide range of thoughts, feelings and reactions. Below is some helpful information and resources.

Common Reactions

Please recognize that there can be a wide range of reactions and over the next few days or weeks you may experience periods of:

- Anxiety, worry, panic
- Feeling helplessness
- Social withdrawal
- Difficulty concentrating and sleeping
- Anger
- Hyper-vigilance to your health and body

Ways to Manage Fears & Anxieties

Although Coronavirus is a health issue that is being taken very seriously by the public health authorities worldwide, do not let your worry about this virus control your life. There are simple and effective ways to manage your fears and anxieties. Some are essential ingredients for a healthy lifestyle; adopting them can help improve your overall emotional and physical well-being.

- **Get the facts.** Stay informed with the latest health information through the health advisory at [World Health Organization](#). For further information, see the dedicated [CDC website](#).
- **Keep things in perspective.** Limit worry by lessening the time you spend watching or listening to upsetting media coverage. Although you'll want to keep informed — especially if you have loved ones in affected countries — take a break from watching the news and focus on the things that are positive and that you have control over.
- **Be mindful of your assumptions about others.** Someone who has a cough or a fever does not necessarily have coronavirus. Self-awareness is important in not stigmatizing others in our community.
- **Stay healthy.** Use healthy hygienic habits such as frequently washing your hands with soap and water or an alcohol-based hand sanitizer and certainly after sneezing or before/after touching your face or a sick person. Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing. Avoid touching your eyes, nose and mouth. Avoid contact with others who are sick and stay home while sick.
- **Keep connected.** Staying connected to friends can help maintain a sense of normalcy, and provide valuable outlets for sharing feelings and relieving stress.
- **Seek additional help.** Individuals a lot of worry or anxiety can seek mental health support.

Source: uhs.berkeley.edu/coronavirus

If you have questions or if you are feeling overwhelmed, you may wish to consult with a counselor.

Call: 800.344.4222
www.employees.concernhealth.com