

KEEPING YOU SAFE & INFORMED

COVID-19 Pandemic Adult Stress Reduction:

Stay connected and maintain your social networks.

You can stay connected with friends and family via e-mail, social media, video conference and telephone.

Look for and share positive stories and positive images of local people who have experienced the new coronavirus (COVID-19) and have recovered.

Use social media to acknowledge caretakers and healthcare workers and the role they play to save lives and keep your loved ones safe.

During times of stress, pay attention to your own needs and feelings.

As much as possible, keep your personal daily routines.

Engage in healthy activities that you enjoy and find relaxing.

Exercise regularly, keep regular sleep routines and eat healthy food.

Keep things in perspective.

Seek information updates at specific times during the day once or twice. The sudden and near-constant stream of news reports about an outbreak can cause anyone to feel worried.

Get the facts.

Avoid listening to, following or sharing rumors.

Check the Iowa Department of Public Health [website](#) in order to help you distinguish facts from rumors.

Protect yourself and be supportive to others.

Follow the [IDPH guidelines](#) for Prevention Techniques.

Assisting others can benefit the person receiving support as well as the helper, but make sure you are protecting yourself and those you are trying to help.

For Children:

It's OK to discuss the COVID-19 with your children with honest and age appropriate information. If your children have concerns, addressing those together may ease their anxiety. Children will observe adults' behaviors and emotions for cues on how to manage their own emotions during difficult times.

Remember that during times of stress and crisis, it is common for children to seek more attachment and be more demanding on parents and family.

Maintain familiar routines in daily life as much as possible, especially if children are confined to home. Provide engaging age appropriate activities for children. As much as possible, encourage children to continue to play and socialize with others, even if only within the family when advised to restrict social contact.

Help children find positive ways to express disturbing feelings such as fear and sadness. Every child has his/her own way to express emotions. Sometimes engaging in a creative activity, such as playing, and drawing can facilitate this process. Children feel relieved if they can express and communicate their disturbing feelings in a safe and supportive environment.

[Mental Health Considerations during COVID-19 Outbreak - WHO](#)
[How to manage anxiety during a pandemic](#)