

- POSITIVE OUTLETS TO COPE WITH PTSD, ANXIETY, AND DEPRESSION

COVID-19 ANXIETY REDUCTION TECHNIQUES

1. MEDIA DISTANCING

- To stop the spread of COVID-19, we've had to practice social distancing.
- But to stop the spread of anxiety, we must distance ourselves from the media.
- The media, which is 24/7 Coronavirus and virtually all negative, is the driver of those thoughts.



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2. DO NOT WORRY, TAKE ACTION!!

- Whether you are worried about contracting the virus, your struggling business, or being unemployed, the more your mind focuses on worst-case scenarios, the more anxious you feel.
- You can't stop thoughts from entering your mind, but you can choose to stop dwelling, and you can choose to take action to solve problems.



IF YOU
REALIZED HOW
POWERFUL
YOUR
THOUGHTS
ARE, YOU
WOULD NEVER
THINK A
NEGATIVE
THOUGHT

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3. FOCUS ON PRESENT ODDS

- . All deaths are tragic, but we must maintain proper perspective.**
- The vast majority of people infected with COVID-19 have mild to moderate symptoms or no symptoms at all**
- The number of deaths will continue to climb (and the news will report every one) and yet, the chance of you or a loved-one dying is still remote, especially with everyone's effort to maintain distance and isolate.**

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4. Focus on Being Productive and New Ways of Enjoying Life

- Focus on what you are grateful for
- Exercise your body
- Relaxing your mind will help give you the peace you desire.
- Guided meditation, yoga, music, art, & exercise
- A gratitude journal
- These are all practices that lower stress.



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5. Be Kind to Yourself and Others and Have Faith

- It's normal to feel anxious and worried during a national crisis
- Reaching out to relatives and friends who are isolated or in need will boost their spirits and yours.
- If you are unemployed or your business is suffering, your new job is to weather this storm as best as you can until it passes.
- Have faith that it will, despite not having all the answers.

BE
kind
TO OTHERS,
BE
kind
TO YOURSELF

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6. Seek Out Professional Help

- You don't need to do this alone.
- If you are experiencing an escalation of anxiety, talk to a professional who can help you through this difficult time.
- Almost all therapists are using telehealth, so you are not limited to professionals in your area.
- Medication for anxiety, depression, and insomnia might also be needed and can be prescribed by a psychiatrist or your primary care physician

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/top-ten-covid-19-anxiety-reduction-strategies>

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THE JACQUELINE SMITH
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REMEMBER

A rectangular wooden sign with a natural wood grain is centered on a white-painted wooden plank background. The sign has a small brown stain in the top left corner. The text on the sign is written in a black, monospaced, typewriter-style font. The background shows the texture of the white paint and the lines of the wooden planks.

self care
is the
best care