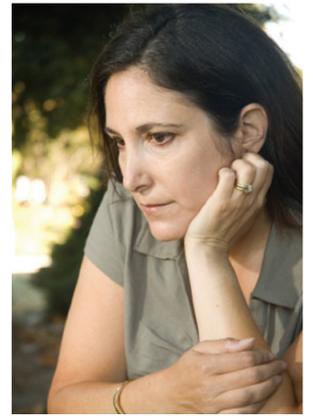


# Managing Coronavirus-related Stress



During this time of uncertainty, many of us are experiencing high levels of stress & anxiety. Follow these tips to help you cope during this stressful time. Also know that mental health professionals are available to help.

## Avoid excessive exposure to media coverage of COVID-19.

It is important to get good information to help you prepare and respond, but don't overwhelm yourself or your family. Get information from a trusted source. Refer to [coronavirus.ohio.gov](http://coronavirus.ohio.gov) or call 1-833-4-ASK-ODH (1-833-427-5634). Our local health departments at [www.portagehealth.net](http://www.portagehealth.net) or [www.kentohio.org/153/Health](http://www.kentohio.org/153/Health)

## Your Mental Health is important!

Keep all of your behavioral healthcare appointments. You may receive care in new ways, like over the telephone or even by video chat. Call your behavioral healthcare provider directly for more information about appointments.

## Manage Coronavirus-related stress.

- Unplug from time to time to take a break from the news and social media.
- Focus on things you can control, such as practicing the recommended prevention measures – hand washing, avoiding touching your face, staying home as much as possible, and keeping 6 feet distance from others.
- Take time to do things you enjoy like walking outside, reading, or watching funny movies and shows.
- Care for your body. Exercise, meditate, stretch, take deep breaths. Stick to your sleep schedule and try to eat healthy.
- Maintain a routine. Many people are working from home now. Children are home from school. Establish daily schedules to keep everyone grounded.
- Reach out to others. Talk to friends and families about your concerns, and be there for others when they need someone to talk to also.

## Recognize signs of distress:

- Feeling hopeless or helpless.
- Feelings of numbness, disbelief, anxiety or fear.
- Changes in appetite, energy, and activity levels.
- Difficulty concentrating.
- Difficulty sleeping or nightmares and upsetting thoughts and images.
- Physical reactions – headaches, body pains, stomach problems, and skin rashes.
- Worsening of chronic health problems.
- Anger or short-temper.
- Increased use of alcohol, tobacco, or other drugs.

**Call your healthcare provider if your feelings overwhelm you for several days in a row.**

## Remember:

Stress, anxiety, fear, and strong emotions are normal in times of distress or crisis. Remind yourself and others that these feelings will fade.

## Try this!

### 4-7-8 Breathing

1. Start by putting the tip of your tongue to the top of your mouth just behind your two front teeth.
2. Breathe in through your nose for four seconds.
3. Hold your breath for a count of seven seconds.
4. Breathe out through your mouth for a count of eight seconds. Try to make a "whooshing" sound as you do this.
5. Start again immediately. Breathe in for a count of four and continue through the cycle 4-5 times before returning to your normal breath for the most benefit.

**Anxious? Stressed?  
Need to talk?  
Call the Portage Helpline  
330-678-HELP  
or text "4hope" to 741741**

## Mental Health & Addiction Services Providers

Portage County Agencies are open.

**Children's Advantage:** 330.296.5552

**Coleman Professional Services:** 330.296.3555

**Family & Community Services:** 330.677.4124

**Townhall II:** 330.678.3006



[www.mental-health-recovery.org](http://www.mental-health-recovery.org)