

## COVID 19 - Anxiety Coping Strategies



### Limit social media and the news

News about COVID19 is everywhere. This constant news stream can make us more anxious about the situation. If you're looking to reduce anxiety, consider scheduling time to unplug from media sources (e.g. social media) and refocus your attention on something else.



### Reduce the Chatter

The most common topic of conversation for you right now is likely COVID19. If you're feeling anxious, consider asking friends, family and colleagues to discuss something else. You deserve a break.



### Practice Self-Compassion

You're doing everything you can right now. Give yourself credit for everything you've achieved. Reflect on 3 things you're proud of doing over the past few weeks.



### Protect Yourself

You've heard time and time again the importance of washing your hands, not touching your face, and social distancing. These practices can't be highlighted enough.