

Handling Stress & COVID-19

The COVID-19 pandemic may be stressful for adults and children. Coping with stress can make you, your loved ones and the community stronger.

What Does Stress Look Like?

- Fears, anxiety and depression about health, work, finances and school
- Difficulty sleeping, eating and concentrating
- Other health conditions getting worse
- Using unhealthy coping mechanisms such as alcohol, tobacco or other drugs
- Concerns about loved ones



Ways to Handle Stress

Keep a positive attitude

Sometimes the way you think about things can make all of the difference. Your attitude can help offset many difficult situations.

Accept that there are events you cannot control

When you know there are times when you have given all that you can to a situation, it allows you to expend energy where it can be more effective.

Take breaks from the news

Continually watching news updates on the pandemic can add to your stress. Pick once or twice a day to take in COVID-19 news, including what's on social media.

Connect with family and friends

It's helpful to share feelings and check on others. Use phone, face chat, email and other digital media to reach out when you need to talk and to check on others.

Learn to relax

Make relaxation part of your daily routine. Try deep breathing, muscle relaxation and meditation.

Be active regularly

A fit body can more easily fight stress. Daily physical activity not only helps your body but it helps calm your mind.

Eat well-balanced meals

Staying on track with healthy eating habits is a great way to manage stress.

Rest and sleep

Sleep is important for your body to recover from stressful events, as well as to heal from illness.

Ask for help

Call a friend, family member or your doctor if you are struggling with stress, anxiety or depression. You don't have to go through this alone. Here are two of many resources you can find on the internet: Colorado Crisis Services at 844.493.TALK (8255), U.S. National Crisis hotline at 800.273.TALK (8255).

Visit our website for more information about support groups, clinical trials and lifestyle information.

© Copyright 2020

NOTE: This information is provided to you as an educational service of National Jewish Health. It is not meant to be a substitute for consulting with your own physician.

National Jewish Health is the leading respiratory hospital in the nation. Founded 121 years ago as a nonprofit hospital, National Jewish Health today is the only facility in the world dedicated exclusively to groundbreaking medical research and treatment of patients with respiratory, cardiac, immune and related disorders. Patients and families come to National Jewish Health from around the world to receive cutting-edge, comprehensive, coordinated care. To learn more, visit njhealth.org.