Managing Fears and Anxiety around Coronavirus.

Experiencing a reaction is normal.

As information about the coronavirus unfolds, there can be a wide range of thoughts, feelings and reactions to everything you may be hearing and seeing. Exposure to information on the news and social media can feel very overwhelming. It is completely normal to feel anxious about this emerging health crisis. Below are some helpful information and resources.

Common Reactions.

- Anxiety, worry, and panic
- Feeling helplessness
- Social withdrawal
- Difficulty concentrating and sleeping
- Anger
- Hypervigilance to your health and body

Ways to Manage Fear and Anxiety.

Although Coronavirus is a health issue that is being taken very seriously by organizations and public health authorities worldwide, do not let your worry about this virus control your life. There are simple and effective ways to manage your fears and anxieties. Many of them are essential ingredients for a healthy lifestyle; adopting them can help improve your overall emotional and physical well-being.

- **Get the Facts.** Avoid hearsay information. Stay informed with the latest health updates from a reputable source of information, such as the [Centers for Disease Control (CDC) website](https://www.cdc.gov).
- **Keep things in perspective.** Limit worry by lessening the time you spend watching or listening to media coverage that may not be accurate. Remember to take a break from watching the news and social media and focus on the things that are positive in your life and things you have control over.
- **Be mindful of your assumptions of others.** Someone who has a cough or a fever does not necessarily have coronavirus. Self-awareness is important in not stigmatizing others in our community.
- **Stay healthy.** Take normal healthy precautions. Adopting healthy hygienic habits such as washing your hands with soap and water or using an alcohol-based hand sanitizer frequently is important. Avoid contact with others that may be sick. If you are sick, stay home. Ensure you are up to date with your immunizations, flu vaccine, and eating and sleeping well. Teach and model these practices with your family and students.
- **Use your past coping skills and stay connected.** Use what has helped you to decrease stress and anxiety in the past such as mindfulness, breathing, or exercise. Maintaining your social support systems can help maintain a sense of normalcy, and provide valuable outlets for sharing feelings and relieving stress.
- **Seek assistance if needed.** Individuals who feel an overwhelming worry or anxiety can seek additional professional mental health support. **EASE is available for confidential telephonic counseling and office visits with a professional. Call our confidential and free EASE Hotline at 1-800- 882-1341.**

American Psychological Association, Center for Disease Control, UC Berkeley UHS, PsychCentral