

Managing your stress and anxiety during the Coronavirus quarantine

- **Take care of your body:** Try to eat healthy well-balanced meals, exercise regularly, and get plenty of sleep. Avoid alcohol, tobacco, and other drugs.
- **Connect with others:** Share your concerns and how you are feeling with a friend or family member. Maintain healthy relationships, and build a strong support system.
- **Schedule worry time:** a half hour is recommended. This allows for the rest of the day to be a time to be present. During the half hour time to address your worry, you can distinguish between worries over which you have little or no control, and worries about problems you can solve.
- **Take breaks:** Make time to unwind and remind yourself that strong feelings will fade. Try taking in deep breaths. Try to do activities you usually enjoy.
- **Stay informed:** When you feel that you are missing information, you may become more stressed or nervous. Watch, listen to, or read the news for updates from officials. Be aware that there may be rumors during a crisis, especially on social media. Always check your sources and turn to reliable sources of information like your local government authorities.
- **Avoid too much exposure to news:** Take breaks from watching, reading, or listening to news stories. It can be upsetting to hear about the crisis and see images repeatedly. Try to do enjoyable activities and return to normal life as much as possible and check for updates between breaks.
- **Seek help when needed:**
 - Your primary care physician
 - Your family
 - Your community—neighbors
 - Your faith organization
 - Benjamin Gaither Center 301-258-6380
 - Montgomery County Department of Health and Human Services 240-777-3000
 - Montgomery County Crisis Center 240-777-4000
 - Aspire Counseling 301-978-9750, www.we-aspire.org
 - Cdc.gov
 - Samhsa.gov

