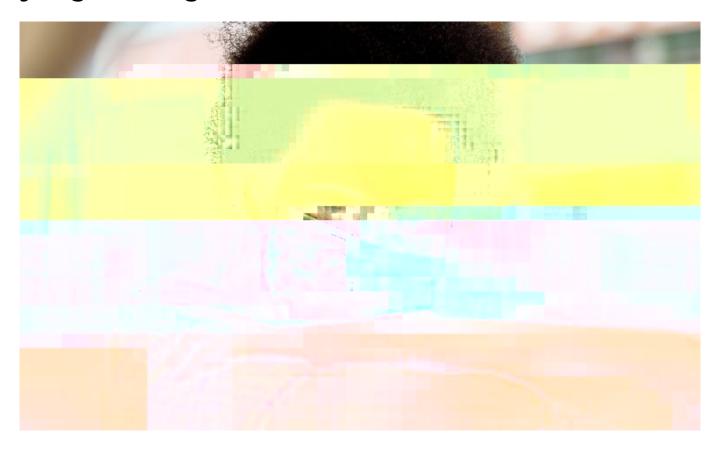


anxiety

Coronavirus Anxiety: Coping with Stress, Fear, and Worry

Fears about COVID-19 can take an emotional toll, especially if you re already living with an anxiety disorder. But you re not powerless. These tips can help you get through this stressful time.





Stay informed but don t obsessively check the news

 Stick to trustworthy sources 	 	

- Limit how often you check for updates
- Ask someone reliable to share important updates
- Be careful what you share

Focus on the things you can control









Donate to food banks

Be a calming influence



