

# COVID-19 (Coronavirus)

## 8 Ways to Manage Fears and Anxiety Around Coronavirus

### 1) SEEK ACCURATE INFORMATION FROM OFFICIAL SOURCES

Seeking information from official sources can provide timely updates and information that will help filter out what has been sensationalized by other sources

**Limit yourself to reading information only from official sources like:**

- [CDC](#)
- [US Drug Administration](#)
- [Nebraska Department of Health & Human Services](#)

The Nebraska DHHS also has a COVID-19 information line | (402)-552-6645  
It is available SEVEN days a week from 8 a.m. to 8 p.m

### 2) SET LIMITS AROUND NEWS ON COVID-19

Try to avoid excessive exposure to media coverage. Constant monitoring of news updates and social media feeds about COVID-19 can intensify feelings of worry and distress.

Ways to limit excessive exposure:

- Consider turning off automatic notifications
- Take a break from the news
- Set boundaries on how much news you read, watch, or listen to

### 3) LOOK AFTER YOURSELF

Self-care in the wake of the coronavirus outbreak includes focusing on things you can control instead of what you cannot.

When possible:

- Maintain your daily routine and normal activities
- Consider creating a daily routine that prioritizes positive mental health
- Try doing activities like taking a walk, meditating, or exercising
- Connect with loved ones through video chats, phone calls, email, and text

### 4) HAVE A PLAN FOR YOURSELF AND YOUR FAMILY

Create a plan when you are thinking clearly can help manage anxiety and prepare for emergencies. Keep and rely on a list that can include needed food supplies and medications, along with health care professional and work contacts. These can help in the moment of stress when you may not be thinking clearly. Make sure to keep the items on your list updated  
It can also be helpful to not only think about how you can help yourself but how you can help others.

### 5) TALK TO YOUR CHILDREN

Even if kids are not talking about it, you can broach the topic and create the space for questions for be asked and answered. By not talking to them directly about something that is potentially frightening, you can increase fear and uncertainty in kids. Begin by asking your children: What they have heard about coronavirus, How they are feeling about it, What concerns they have

**Discuss New Rules of Practices at School:**

- Many schools already enforce illness prevention habits, including frequent hand washing or use of alcohol-based hand cleansers
- Your school nurse or principal may send information home about any new rules or practices
- Be sure to discuss this with your child
- Contact your school nurse with any specific questions

**Communicate with your School:**

- Let your school know if your child is sick and keep them home
- Talk to your school counselor if your child is having difficulties as a result of anxiety or stress related to COVID-19
- Make sure to follow all instructions from your school

### 6) ACKNOWLEDGE YOUR FEELINGS

In the current situation it is normal to feel overwhelmed, stressed, and anxious, or upset among a wide range of other emotional reactions. Allow yourself time to notice and express what you're feeling. This could be by writing them down in a journal, talking to others, doing something creative, or practicing medication

### 7) FIND A PROJECT OR DISCOVER SOMETHING TO DISTRACT YOURSELF

Try and focus on positive things in your life. Use this time to find a project to work on that can distract you from your worries.

- Solve a puzzle or play a board game with your family
- Draw, paint, knit, or do something else creative
- Try to bake a masterpiece dessert with ingredients you already have in your kitchen
- Take a nap
- Read a book
- Call someone you love and talk about things other than the coronavirus
- Use this time to watch a new show or movie

### 8) ASK FOR PROFESSIONAL SUPPORT

Follow protection and prevention recommendations provided by qualified health professional. If all of this does not help, consider reaching out for support by a professional counselor.

- The National Alliance on Mental Illness ([NAMI](#)): 1-800-950-6264
- Substance Abuse and Mental Health Services Administration ([SAMHSA](#)): 800-662-4357
- National Institute of Mental Health ([NIMH](#)): 866-615-6464