

# LifeSolutions

## Self-care tips during an illness outbreak



**Any illness outbreak can be frightening and disruptive for people of all ages. The coronavirus (COVID-19) has drastically altered our normal way of life. It's understandable that you may be feeling anxious, nervous, or worried.**

It is very important to take care of your physical health during this time, but it is equally important to care for your mental and emotional health as well. Here are some ways you can take the best possible care of yourself, loved ones, and the community:

- **Don't judge yourself for your reaction to this situation.**

People under stress display a wide range of emotions, and your response might differ from others. There is no "right" way to respond to a crisis. Initial feelings of helplessness or distress are normal. They don't indicate failure in any way.

- **Fear and uncertainty are common during a pandemic.**

Be mindful of what you watch, listen to, and believe. Verify any information through trusted sources, such as your employer, employee assistance program, and state and federal government sites. Take breaks from the news and make time for things you enjoy doing, such as reading a book or playing a game with your family.

- **Take care of yourself.** Get enough rest, eat healthy meals, exercise, and spend time outdoors while avoiding gathering places or crowds. Avoid unhealthy coping strategies like excessive sleep or alcohol use.

- **Stay engaged.** Even if it must be virtually, keep connected with your family, friends, co-workers, and community. Be honest with them about your feelings and how they can help. Don't allow social distancing to grow into emotional distancing; we need each other now more than ever.

### LifeSolutions is here to help

You can access a wealth of information on our website, **[lifesolutionsforyou.com](https://lifesolutionsforyou.com)**. You can also call us at **1-844-833-0527 (TTY: 711)**.

If you're concerned that you aren't dealing well with this crisis or if you feel unable to handle the recent changes in your life, LifeSolutions is here to help. Call us at **1-844-833-0527 (TTY: 711)**. We are available by phone or video.

### Helpful resources:

Centers for Disease Control and Prevention (CDC):  
**[www.cdc.gov](https://www.cdc.gov)**

Substance Abuse and Mental Health Services Administration (SAMHSA) Disaster Distress Hotline:  
**1-800-985-5990** or text **TalkWithUs** to **66746**