

LifeSolutions

Managing anxiety while in quarantine



Coping with the COVID-19 pandemic has been stressful for everyone. Uncertainty about how you and your family will weather this crisis and when life will return to normal may have you feeling unbalanced—and that’s OK. It’s normal to be worried or anxious. Here are some tips to help you manage your emotions during this unprecedented time:

Reframe your thinking. Find the positives in your situation. Yes, you are being asked to stay in your home, but this gives you time to connect with your family or work on long-delayed projects.

Avoid overexposure to the news and social media. Too much COVID-19-related news can overwhelm. Choose a trusted news source for a few updates a day. Try muting certain keywords on social media—this can make keeping up with friends and family more enjoyable.

Focus on the things you *can* do. Many people respond to challenges by taking action. But during this crisis, you’re being asked to just stay home. You may feel like you’re not helping to resolve the problem, but staying home as much as possible is the best thing you can do to help your community.

One of the easiest things you can do is express your gratitude to essential workers. Be kind to grocery store workers. Create yard signs thanking health care, mail, or sanitation workers. A simple thank you can go a long way toward improving a person’s day.

Maintain as much of your routine as possible. This helps you create a sense of normalcy. If you go to sleep and get up at the same times, it will be much easier to transition back to working in the office once the quarantine ends.

Make sure you are taking care of yourself. Eating healthy meals, drinking plenty of water, getting enough sleep, and being physically active can go a long way toward making you feel better.

Communicate with others about your feelings and reach out for help if you need it. Your friends and family may have advice or soothing words that can settle you. But if you find that you need more help than family or friends can offer, contact **LifeSolutions**. We offer no-cost, confidential counseling services for you and members of your household.

The COVID-19 pandemic has changed life as we know it, but we will get through it—together. Call or email LifeSolutions today for help or to ask questions.

LifeSolutions is here to help.
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