Feeling worried about coronavirus (COVID-19)?

Anxiety, excessive worrying, feeling helpless, concentration challenges and difficulty sleeping are all unwelcome side effects during times of uncertainty. It's important to understand the difference between effective and ineffective coping techniques so you can better manage your fears. **Here are some tips.**

Click here to view the video:
https://bit.ly/2Q46fE0

Don't:

- Engage in destructive thinking: "Sound the alarm!"
- Overexpose yourself to the media
- Assume anyone that coughs or sneezes "has it"
- Withdraw from society
- Ignore your feelings
- Participate in unhealthy eating or drinking habits

Do:

- Practice constructive thinking: "One's thoughts produce one's emotions"
- Get the facts without overreacting
- Keep things in perspective
- Stay physically healthy
- Maintain connections with the important people in your life
- Self-monitor: take your "psychological pulse"
- Know about available resources if additional support is needed

Stay informed:

Follow the guidelines and information provided by the trusted agencies below, including steps to prepare should an outbreak happen in your community, and guidance for travelers.

For all that you need to know, including travel advisories:
www.cdc.gov/coronavirus/index.html

For specific questions, see the CDC's FAQ section:
www.cdc.gov/coronavirus/2019-ncov/faq.html

For information about COVID-19 in your state, search your state's health department, which works with the CDC to monitor and implement all recommendations:
www.cdc.gov/publichealthgateway/healthdirectories/healthdepartments.html

For up-to-date developments, research, and guidance from government health authorities and the World Health Organization (WHO), go to:
www.idsociety.org/public-health/Novel-Coronavirus

866.695.8622
Email: answers@HealthAdvocate.com
Web: HealthAdvocate.com/members

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