

Dealing with stress and anxiety

We know the outbreak of COVID-19 can be stressful and cause fear and anxiety for people. These feelings during an infectious disease outbreak are normal and common. But there are things you can do to support yourself, friends and family members. By working together, you can cope with the stress which will make you and your loved ones stronger.

Stress during an infectious disease outbreak can include

- Fear & worry about your own health and the health of your loved ones.
- Changes in sleep or eating patterns.
- Difficulty sleep or concentrating.
- Changes in mood and coping skills.

Things you can do to support yourself

- Take breaks from watching, reading, or listening to news stories, including social media. Repeatedly hearing about the pandemic can be upsetting.
- Take care of your body. Take deep breaths, stretch and/or meditate. Try to eat healthy, and maintain a daily routine.

Other suggestions include:

- Practice relaxation techniques (see attached).
- *Reach out to the DHS school social workers by email to set up a time to talk (Lisa Cunningham, Lauren Rouff, Stacy Rumler) or call the Dearborn Schools Social Emotional Support line at, 313-827-8500. In crisis/distress you can also call or text at: 1-800-273-8255/Text 'Talk' to 741741*
- Journal, listen to music, make art, and/or read. Do something you enjoy or have not had time for.
- Take a walk or run while maintaining safe distances from others.
- If you have come across a great resource please share it.