

Feeling Anxiety related to COVID-19?

**Here are some things you can do
to reduce that anxiety...**

Avoid too much media coverage on the topic. You want to stay informed, but not overwhelmed.

**Choose a maximum of two times per day where you check the news briefly.
Choose only 3 sources for that news and be sure they are reliable.**

Stay connected with people by voice, text, video, email, if not in person.

Practice self-care: shower, get dressed, brush your teeth, exercise, breathe.

**Do not spend too much time on your digital rectangle (phone, tablet, laptop).
Plan when you will use these tech tools specifically and when you will not.
Stick to your plan.**

Go outside.

If you can't shake negative or worrying thought patterns...

- 1. Become aware of those thoughts in detail.**
 - a. Write them down. How are you interpreting this experience? What are you telling yourself?

- 2. Look for inaccurate or overly negative thinking.**
 - a. Analyze what you've written about your thinking.
 - b. How do you feel, physically, as you consider each of the thoughts you have written down? Name those feelings as clearly as possible.

- 3. See if there is a way to reshape your thoughts.**
 - a. Is there another way to look at this? Have I overinterpreted the information I have used to form this thought?
 - b. Is this a "now" vs "later" kind of thing? Will the thought pass?
 - c. Is there something within my control that I can change that will help me think differently? (eating, exercise, sleep, off the social media...)
 - d. Is there a trigger that seems to make me have these thoughts? Can I see/feel that trigger coming and get ready, knowing the thoughts will pass?
 - e. Talk to someone about their perspective on the same thoughts. See how similar or different it is to yours.

If you are really stuck, feel free to book a counselling appointment with Jeff.

jeff.hopkins@learningstorm.org.