Making Phone Calls or Video Chats Can Help reduce feelings of loneliness or isolation can be used to help you and your loved ones.

Helping Others Cope

It is natural to feel stress, anxiety, grief, and worry during the COVID-19 pandemic. Below are ways that can helps you, those you care about, and those around you become more resilient. However, social distancing, such as social isolation, may make us feel isolated and lonely and can increase stress and anxiety. It is important to limit social isolation, meet with others, and continue to support each other.

Coping with Stress

Stress can cause the following:

- Feelings of fear, anger, sadness, worry, numbness, or frustration
- Difficulty concentrating and making decisions
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes
- Emotional reactions, such as irritability, impulse control problems

Healthy Ways to Cope with Stress

- Take care of your body. Exercise regularly, eat healthy, well-balanced meals, try to meditate, and limit alcohol, tobacco, and other substances.
- Connect with your community- or faith-based organizations.
- Taking breaks from watching, reading, or listening to news stories.
- Reduce your use of computer screens for a while.
- Consider limiting news to just a couple times a day and disconnecting from phone, tv, and computer screens for a while.
- Contact your healthcare provider if stress gets in the way of your daily activities.
- Consider seeking counseling and/or therapy.
- Volunteering to help others strengthen your immune system and promote feelings of social connectedness.
- Help others cope with stress.

Mental Health and Crisis

- Connect with support services
- Connect with your community- or faith-based organizations
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