



anxiety

## **Coronavirus Anxiety: Coping with Stress, Fear, and Worry**

**Fears about COVID-19 can take an emotional toll, especially if you re already living with an anxiety disorder. But you re not powerless. These tips can help you get through this stressful time.**





## **Stay informed but don't obsessively check the news**

- **Stick to trustworthy sources** 

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- **Limit how often you check for updates**
- **Step away from media if you start feeling overwhelmed** 

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- **Ask someone reliable to share important updates**
- **Be careful what you share** 

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## **Focus on the things you can control**



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**Donate to food banks**

**Be a calming influence**

