

Stress Management during COVID

COVID-19 has changed all of our lives. The pandemic has changed the way we work, go to school, care of our children and socialize with one another. It has forced us to change our daily routine and created unwanted change. For many of us this time has been filled with uncertainty and fear resulting in stress-related symptoms. The following information is designed to help you and your loved ones cope during these stressful times.



Everyone reacts to stress differently. It's important to identify how YOU react to stress. To better manage your stress symptoms pay attention to the following:

- Have your sleep patterns changed?
- How have your eating habits been affected?
- Are you experiencing more muscle aches and pains than usual?
- What changes in your mood have you recognized?
- How have your relationships with others been affected?

Taking care of ourselves is critical. Because of these unprecedented times, we must do what we can to improve our emotional well-being. Learning how to manage stress is a skill necessary to improve our quality of life because life will continue to surprise us with challenges and undesirable events. Our purpose for this initiative is to teach you to identify those symptoms within yourself and discover ways to manage during stressful times. Consequently, role modeling the skills will also teach your children and other loved ones how to cope effectively. We all need to understand how stress can negatively affect our lives, and many of us can suffer long-term effects if we fail to address the issue. Fortunately, we all have the power to overcome these circumstances. We simply need to learn how to prioritize our mental health.

We strongly encourage you to seek professional help if you continue to struggle with your symptoms, especially if they become a disruptive to your daily routine.

Additional Wellness Resources

Centers for Disease Control and Prevention

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/index.html>

Help Guide

<https://www.helpguide.org/articles/stress/stress-management.htm>

Positive Psychology

<https://positivepsychology.com/stress-management-techniques-tips-burn-out/>

Psychology Today

<https://www.psychologytoday.com/us/blog/modern-mentality/202003/coping-coronavirus-stress>

American Psychological Association

<https://www.apa.org/news/press/releases/stress/2020/report>

Manejando el estrés durante el virus COVID

https://www.ptsd.va.gov/spanish/COVID_managing_stress_sp.asp

El estrés en los niños en la pandemia

<https://www.heart.org/en/news/2020/05/27/para-los-ninos-el-estres-de-la-pandemia-podria-tener-consecuencias-de-largo-plazo>

