



Managing your anxiety about the Coronavirus

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- Validate your feelings and the feelings of others. Keep in mind that people react to anxiety and fears in different ways.
- Try not to be judgmental of people's reactions and behaviors. Be kind and patient.
- Keep yourself informed, but if watching the news is provoking severe physical and emotional symptoms of anxiety, change the TV channel and watch something else.
- Make a list of all the items you need at home to take care of your family. For example; food, juice, hygiene supplies, and medicines.
- Get out of your comfort zone and ask for help from family, friends, and/or neighbors if you need it with childcare or money to buy food.
- Take all the precautions to avoid getting sick such as going to public places and washing your hands.
- Do not focus on fear of losing your love ones, focus in the moment. Right now they are with you and alive. Give them the love and attention they need.
- Practice self-care. Refocus your attention in a healthy activity such as reading, painting, watching funny movies, gardening, cooking, playing board games, baking, talking to positive and supportive people, exercising at home, meditating, dancing, and singing.
- Accept the fact you cannot control the future. Focus your attention in the present moment. Right now, you and your family are okay.
- Embrace being alive with gratitude.
- Challenge your negative thoughts and replace them with hopeful and rational ones.
- Focus on solutions not just on the problems. Brainstorm with others.
- Keep yourself as calm as possible to avoid passing your anxiety to your children.
- Let go of past resentments. Use this opportunity to heal and bond with your loves ones.