



# Managing Coronavirus-related Stress

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The coronavirus has many people feeling distressed. This is very normal in times of crisis. You can manage these feelings by taking some simple steps. Here are some things you can do to feel better:

- 1. Get information from a trusted resource:** [coronavirus.ohio.gov](https://coronavirus.ohio.gov). This website is updated regularly by the Ohio Department of Health in coordination with the Centers for Disease Control. It has the facts on what is happening in Ohio and helpful resources on prevention and testing for you and your family.
- 2. If you have specific questions, ask an expert** at 1-833-4-ASK-ODH (1-833-427-5634). This call center is managed by the Ohio Department of Health and is now open 7 days a week from 9 a.m. to 8 p.m.
- 3. Limit media exposure.** Today's 24-hour news cycle can make it difficult to turn away from the TV, radio, or social media, but research has shown that excess media exposure to coverage of stressful events can result in negative mental health outcomes. Use trusted media outlets to gather the information you need, then turn them off.
- 4. Reduce your stress and feel better:**
  - a. **Be prepared.** Prevent risk of illness by taking simple steps that are good practices: Wash your hands. Cover your cough. Increase cleaning. Stay home if you're sick. [Here's an illness prevention fact sheet from the Ohio Department of Health](#) to help you and your family.
  - b. **Eat healthy foods and exercise** to boost your immune system
  - c. **Get plenty of rest.**
  - d. **Stay in touch with friends and loved ones** and talk with them about your worries
  - e. **Keep participating in hobbies and activities that you enjoy** to improve your mood.
- 5. Recognize signs of distress in yourself and family or friends.** Signs of stress include worry, fear, sleeping or eating too little or too much, difficulty concentrating, pulling away from people or things at home or work or in daily life, yelling or fighting with family or friends, having thoughts or memories you can't get out of your head, unexplained aches and pains, feeling hopeless or helpless, thinking of hurting yourself or someone else, and smoking or drinking alcohol more than you should.
- 6. Get help for your stress if you need it** by calling the national Disaster Distress Helpline at 1-800-985-5990. Or text "TalkWithUs" to 66746.