



## Health & Wellness Resources

# TOOLS AND TIPS TO MANAGE STRESS AND ANXIETY DURING DIFFICULT TIMES

### REDUCE RISK

Reduce anxiety by reducing risk. Ways to reduce risk include practicing good hygiene (e.g. sneezing and coughing into your elbow, washing hands regularly with soap and water for at least 20 seconds, etc.).



### MANAGE YOUR ANXIETY

Do what you can to take charge of your anxiety by breaking your concerns down into manageable chunks.

### CHANGE WHAT YOU CAN

Change what you can, and work on strategies for accepting and coping with what you can't.

### PRACTICE SELF CARE

Take care of yourself. Stay active, make sure to get enough sleep and rest, stay hydrated, eat healthy foods when possible, make time to unwind, and do some activities you enjoy.

### CREATE HEALTHY STRUCTURE

Create structure within your day. Maintaining a consistent daily schedule can help reduce the amount of stress you experience.

### THERE'S AN APP FOR THAT

Consider trying the Self-help for Anxiety Management (SAM) app. It's free and has a variety of anxiety-reducing methods, mood tracking, and anxiety reducing exercises. You can also anonymously join the community of other SAM users.

## YOU CAN TAKE THESE STEPS TO MANAGE STRESS



### TAKE A MEDIA BREAK

Limit your media exposure so you're not dwelling on the situation. Unplug and practice taking time to be present in the moment.

### FIND WAYS TO LAUGH

Humor is a wonderful coping mechanism in times of crisis. Watch comedy or funny animal videos, tell some jokes, or read a humorous book.

### DON'T JUDGE YOURSELF

Accept that it's normal to be stressed out right now. Don't judge yourself for how you're feeling.

### STAY CONNECTED

Practicing social distancing doesn't mean you can't stay connected. Use whatever means are available to reach out to different types of support networks, such as family, friends, colleagues, faith-based communities, and social organizations to strengthen your overall feeling of connection.

### HELP KIDS COPE

Communicate with your children to help keep their anxiety in check. Help kids feel informed and get fact-based information that is likely more reassuring than hearing things from other sources.

### DO WHAT WORKS FOR YOU

Find the stress management strategies that work best for you, and remember to use them regularly to help you get through challenging times.



### REACH OUT FOR HELP

Seek additional help. Connect with a behavioral health professional via online visits through your health insurance carrier. Also, Washtenaw County Community Mental Health has resources and support available for those without insurance. To learn more, visit:

[www.washtenaw.org/839/Community-Mental-Health](http://www.washtenaw.org/839/Community-Mental-Health)