



# Managing stress and anxiety during the Coronavirus outbreak (COVID-19)

## MANAGING STRESS AND ANXIETY IN RESPONSE TO COVID-19 IN NEVADA

The outbreak of COVID-19 can be stressful for individuals, families, and communities. Concerns about the spread of a disease and its possible effects on jobs, health, and the economy can be overwhelming, leading to strong emotions in adults and children.

It's normal to feel sad, stressed, confused, angry, or scared during a crisis. Learning how to cope with the stress and knowing about available resources will help us all be stronger together.

How individuals respond to the COVID-19 outbreak depends on your background, situation, and the community you live in. **People who may feel more stressed during the outbreak include:**

- Older people and people with chronic diseases who are at higher risk for COVID-19
- Children and teens
- People who are helping with the response to COVID-19, like doctors, nurses, and other health care providers, or first responders
- People who have mental health conditions including problems with substance use

**Stress during an infectious disease outbreak can be experienced in the following ways:**

- Concern about being able to care for your loved ones
- Time taken off from work or potential loss of employment
- Loneliness associated with being cut off from the world and loved ones
- Anger due to possible exposure to COVID-19 by others
- Depression symptoms, including feeling hopeless or changes in appetite and sleep
- Stress due to feeling isolated
- Strange or bizarre dreams

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**Taking care of yourself during the COVID-19 outbreak. There are many ways to help you and the ones you care about cope with stress:**

- Take breaks from watching, listening to, or reading news and social media focused on COVID-19
- Take care of your body
- Try to exercise or move every day
- Take deep breaths, stretch, or meditate
- Try to develop a daily schedule and maintain hygiene
- Try to eat healthy meals, get at least 8 hours of sleep, and avoid alcohol or drugs
- Make time to relax and unwind: Engage in activities you enjoy
- Connect with others—call, text, FaceTime, or Skype
- Talk to people you care about and trust about your concerns regarding COVID-19
- Continue to take your medications and stay engaged in treatment
- People with preexisting mental health and other chronic health conditions should continue with their treatment and be aware of new or worsening symptoms

*\* Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.*

**Learning about COVID-19 can make the outbreak less stressful:**

- Sharing the facts about COVID-19 and understanding the actual risk to yourself and people you care about can make an outbreak less stressful
- When you share accurate information about COVID-19 you can help make people feel less stressed and allow you to connect with them

**Thoughts to remember during challenging times...things will get better eventually and come back to normal:**

- Fear and anxiety can drive us to be self-focused. This global pandemic is about “getting sick together” and “staying well together”.
- Most people are good, and people are going to persevere and help each other.
- If you are having obsessive or compulsive thoughts related to the virus, or the broader uncertainty, wash your hands, and then remind yourself that anxiety is normal in this scenario. But the mind can also play tricks on us.
- Even when you are in your darkest moment and feeling overwhelmed, know that resources and solutions are available to get you through these difficult times.

**Learn more about taking care of your emotional health at:**

[emergency.cdc.gov/coping/selfcare.asp](https://emergency.cdc.gov/coping/selfcare.asp)

# RESOURCES

If you, or someone you care about, are feeling overwhelmed, stressed, depressed, or anxious about COVID-19 call:

## State and Local Crisis Lines

- **Crisis Support Services of Nevada (statewide): 800-273-8255, or text CARE to 839863**  
Statewide crisis line provides support 24/7, 365 days a year for individuals of all ages in any type of crisis.
- **NAMI Warmline: 775-241-4212**  
A non-crisis number supported by the Western Nevada chapter of NAMI (National Alliance on Mental Illness) for anyone who needs someone to listen or text.
- **Mobile Crisis Response Team (for youth): 775-688-1670 or 702-486-7865**  
Provides 24.7 telephone triage, mobile crisis response, and crisis stabilization across Nevada for all child and family needs.
- **CARE Team (Rural Nevada adults): 877-283-2437**  
For adults in need of immediate mental health care, 9 am-6 pm, 7 days a week.

## National Crisis Call Lines

- **Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746 (TTY 1-800-846-8517).**

**If you are concerned about having COVID-19, stay home except to get medical care and try to self isolate from others around you. You can find more information at the following websites:**

- **Nevada State Health Response Website:** [nvhealthresponse.nv.gov/](https://nvhealthresponse.nv.gov/)
- [cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html](https://cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html)

## Small Businesses and Economic Concerns

- **SBA Guidance and Programs for Small Businesses Impacted by the Shut-downs:** [sba.gov/page/coronavirus-covid-19-small-business-guidance-loanresources](https://sba.gov/page/coronavirus-covid-19-small-business-guidance-loanresources)
- **Nevada State Health Response Website:** [nvhealthresponse.nv.gov/info/business/](https://nvhealthresponse.nv.gov/info/business/)

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