

Is COVID Causing You Stress and Worry?

There are a wide variety of thoughts and feelings that can occur when difficult things happen. Anyone who sees or experiences them WILL be affected in some way.



Public Health
Prevent. Promote. Protect.

If you need help, please call us!
We are here to help.

We can connect you with any needed resources.

Call Kandiyohi County Public Health at
320-231-7800 and press 4



[Kandiyohi County Public Health](#)

Signs of stress and worry can include

- Eating or sleeping too much or too little
- Lack of energy, always feeling tired
- Having unexplained aches or pains
- Pulling away from people and things
- Feeling helpless, hopeless, having no control
- Unable to perform daily tasks
- Feeling on edge, angry or upset, yelling or fighting with family and friends
- Smoking, drinking or using drugs more than you should
- Thinking of hurting or killing yourself or someone else

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Tips for coping with stress and worry

- **Focus on what you can control** to reduce your risk of COVID, including your thoughts and behaviors. Don't let fear influence your decisions
- **Maintain a healthy diet, activity, and rest routines** to help your immune system and mental health. This is especially important for children
- **Look for the good stuff:** the helpers, time spent with family, and opportunities to pull together. Write down 3 things you are grateful for each day
- **Take comfort knowing** you are caring for yourself and others
- **Spend time in nature** while following to social distancing guidelines
- **Talk with others** (chaplain/minster/pastor, family, friend) for support - human beings, in general, recover more quickly from difficulties if they talk about them
- **Limit exposure to news** or social media updates. Use reputable sources, avoid speculation and rumors
- **Practice relaxation methods:** breathing exercises, meditation, calming self-talk, soothing music, online videos, sports, hobbies, reading
- **REMEMBER** that you are resilient, and so is humankind. We will get through this

Remember to Take Care of Yourself



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