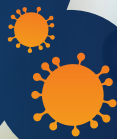


# Feeling worried about coronavirus (COVID-19)?

Anxiety, excessive worrying, feeling helpless, concentration challenges and difficulty sleeping are all unwelcome side effects during times of uncertainty. **Remember, Health Advocate offers confidential counseling (in person, by phone, video or text)** to help identify your stressors and offer coping techniques so you can feel better and remain calm and in control.

Here are some tips:



## **X** Ineffective coping techniques:

- Engaging in destructive thinking: “Sound the alarm!”
- Overexposing yourself to the media
- Assuming anyone that coughs or sneezes “has it”
- Ignoring your feelings
- Participating in unhealthy eating or drinking habits

## **✓** Effective coping techniques:

- Practice constructive thinking: “One’s thoughts produce one’s emotions”
- Get the facts without overreacting
- Keep things in perspective
- Find ways to stay connected virtually
- Stay physically healthy
- Maintain connections with the people in your life
- Self-monitor: take your “psychological pulse”
- Know about available resources if needed

Click here to view a short video with additional tips: <https://bit.ly/2U8xhv7>

## Stay informed:

Follow the guidelines and information provided by the trusted agencies below, including steps to prepare should an outbreak happen in your community, and guidance for travelers.

### For all that you need to know, including travel advisories:

[www.cdc.gov/coronavirus/index.html](http://www.cdc.gov/coronavirus/index.html)

### For specific questions, see the CDC’s FAQ section:

[www.cdc.gov/coronavirus/2019-ncov/faq.html](http://www.cdc.gov/coronavirus/2019-ncov/faq.html)

### For information about COVID-19 in your state,

search your state’s health department, which works with the CDC to monitor and implement all recommendations:

[www.cdc.gov/publichealthgateway/healthdirectories/healthdepartments.html](http://www.cdc.gov/publichealthgateway/healthdirectories/healthdepartments.html)

For up-to-date developments, research, and guidance from government health authorities and the World Health Organization (WHO), go to:

[www.idsociety.org/public-health/Novel-Coronavirus](http://www.idsociety.org/public-health/Novel-Coronavirus)

**HealthAdvocate<sup>SM</sup>**