Coping with Stress and COVID-19

COVID-19 has changed us.
To stop the spread of COVID-19, we have stopped seeing as many people. This can make us feel sad and cause more stress.

You can learn good ways to cope with stress.

Stress can cause:
• Fear, anger, sadness, worry, and lack of feelings
• Changes in energy and eating
• Changes in thinking
• Changes in sleeping
• Body pains, headaches, stomach problems, and skin rashes
• Drug or alcohol use

Good Ways to Cope with Stress
• Turn off the phone, TV, and computer for a while.
• Take breaks from news stories.
• Take breaks from social media.
• Take care of your body.
• Take deep breaths.
• Relax.
• Try to eat better.
• Work out daily.
• Get lots of sleep.
• Avoid too much substance use.
• Go to the doctor on time.
• Do things you enjoy.
Talk with people you trust.

Help Others Cope

- You can take care of others when you take better care of yourself.
- During COVID-19, stay in touch with friends and family.
- You will feel better about yourself by helping others.

Get the COVID-19 shot, so we can all get back together again.

For more information, visit:
www.alabamaready.info

Synithia Flowers, Helen Jones, Marilyn Agee, and Hope Pettway-Thomas, Human Sciences Regional Extension Agents; Barb Struempler, Associate Dean, Assistant Director, Human Sciences Extension; and Amy Sorter, Executive Support Assistant, Human Sciences Extension; all with Auburn University

The Alabama Cooperative Extension System (Alabama A&M University and Auburn University) is an equal opportunity educator and employer. Everyone is welcome! Please let us know if you have any accessibility needs. New October 2021, FCS-2596
© 2021 by the Alabama Cooperative Extension System. All rights reserved.
www.aces.edu