Coping with Stress

Reach out to family and friends.
Using technology, we have many opportunities to connect with our family and friends. Whether it’s texting, FaceTime, email, or an old-fashioned phone call, keeping in touch is vital to our mental and emotional health. These people know you best and can provide that supportive chat you need or a good belly laugh.

Find an online chat group.
Get online and find people who have similar interests as you. Whether it’s food, gardening, video games, or reading, there are blogs, chat groups, and digital meet-ups available around the clock. Chatting with others who share a common connection provides social support and keeps you engaged in the topic and your mind off of the things that may be causing angst.

Turn off and tune out.
Limit worry and agitation by lessening the time you and your family spend viewing or listening to media coverage and social media posts that you find upsetting.

Get moving.
Exercise can provide mental clarity and increases endorphins, the body’s natural defense against stress. Simple stretching, yoga or a walk outside will brighten your mood and help you feel more relaxed. Make time for meditation or exercise each day to help you unwind and relieve the stress you may be experiencing.

Ask for help.
Feeling overwhelmed? Reach out for professional assistance. A virtual visit with a physician or calling a helpline can alleviate anxiety and provide an expert who can guide you through a difficult time. Never feel like there isn’t someone there for you. The National Suicide Hotline provides 24/7, free, confidential support for people in distress – text CONNECT to 741741 or call 1-800-273-8255.

For more resources and updates about COVID-19, visit pardeehospital.org/coronavirus