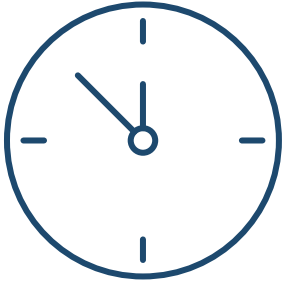


anxiety management

amidst the coronavirus pandemic



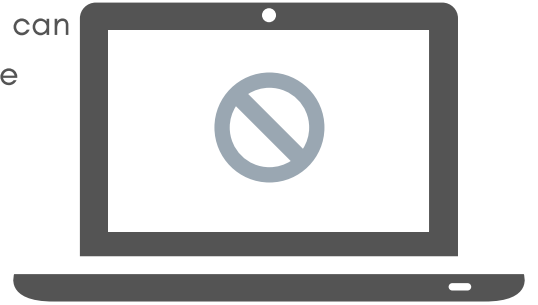
routine.

While working from home, staying home with kiddos, or social distancing, adhere to a daily routine to increase calm + predictability during a time of uncertainty.

media diet.

We are what we eat, and that includes media! Media can be a huge anxiety trigger, so it is essential that we are intentional about the media that we ingest:

- Limit your time on social/news media
 - Set alarms to start/stop media use
- Intentionally choose news/media sources
 - Ex: ingest news about coronavirus from World health organization (WHO) + Center for Disease Control (CDC) approved sources only.



physical self care.

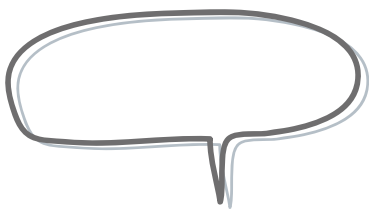
With mental health so greatly affected by physical health, we can reduce anxiety by caring for our bodies:

- exercise regularly (3-5x per week)
- eat a balanced, colorful diet
- practice sleep hygiene to get ~8 hours of sleep/night
- minimize alcohol + caffeine

mindfulness + gratitude.

Practice mindfulness + gratitude daily to create moments of calm + contentment during this anxious season.

- Mindfulness: bring awareness to your present thoughts, feelings + sensations through a lens of acceptance + kindness, without judgement.
- Gratitude: keep a gratitude journal to intentionally log 3 areas of gratitude each day.



connection.

Make time to connect with friends, family or your therapist when you are anxious. Social support can help reduce anxiety in many ways including: distraction, self-expression, hope + perspective.

creative expression.

Creating/writing can help to reduce anxiety in many ways including:

- offering a new way to process your emotions
- distracting from anxiety by getting in flow state
- being an enjoyable activity that can lift your mood



Interested in **professional support** for anxiety? Visit:

www.methodcounseling.com

Virtual appointments available.