

STRESS AND COPING WITH COVID-19

Information adapted from CDC



Stress is Normal

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Everyone reacts differently to stressful situations. How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in. Coping with stress will make you, the people you care about, and your community stronger.

People who may respond strongly to stress

- Older people and people with chronic diseases who are at higher risk for COVID-19
- Children and teens
- People who are helping with the response to COVID-19, like doctors and other health care providers, or first responders
- People who have mental health conditions including problems with substance use



Stress during COVID-19 may include:



- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs

Things you can do to support yourself

- Take breaks from watching, reading, or listening to news stories, including social media.
- Take care of your body.
- Take deep breaths, stretch, or meditate.
- Try to eat healthy, exercise regularly, get plenty of sleep, and avoid alcohol and drugs
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

Utilize Available Resources to manage Stress

- [CDC](#)
- [American Psychological Association](#)
- [Fresno County Department of Behavioral Health](#)
- [Fresno County Department of Public Health](#)
- [Helping Homebound Children](#)
- [Parents Guide to Coping](#)
- [CA Public Health Guide](#)
- [What to do if you are sick](#)



If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call 9-1-1 immediately

National Suicide Prevention Hotline: 1(800) 273-8255

Fresno County Behavioral Health Warm Line: (559) 600-WARM (9276)

NAMI Helpline: (559) 224-2469

To access Behavioral Health services contact: 1-800-654-3937



THE COUNTY OF FRESNO
Department of
Behavioral Health