

# Managing Fears and Anxiety around Coronavirus



As information about Coronavirus unfolds right here in Summit County, there can be a wide range of thoughts, feelings and reactions. We all deal with stress differently, but symptoms of anxiety, depression and sometimes psychosis (among those who are predisposed) are not uncommon. Please recognize that there can be a wide range of reactions.

## Some common feelings include:

- Difficulty concentrating and sleeping
- Anger
- Hyper-vigilance to your health and body
- Anxiety, worry, panic, disbelief or fear
- Feeling of helplessness
- Social withdrawal
- Changes in appetite, energy, and activity levels
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs

## Ways to Manage Fears & Anxieties:

**Get the facts. Stay informed with the latest health information available.**

Keep things in perspective. Limit worry and agitation by lessening the time you spend watching or listening to upsetting media coverage. Although you'll want to keep informed — especially if you have loved ones in affected areas— remember to take a break from watching the news and focus on the things that are positive in your life and things you have control over.

**Be mindful of your assumptions about others.** Someone who has a cough or a fever does not necessarily have coronavirus. Self-awareness is important in not stigmatizing others in our community.

**Stay healthy.** Practice good hygienic habits, cover your cough, avoid contact with others if you are sick.

**Keep connected.** Maintaining social networks can help maintain a sense of normalcy and provide valuable outlets for sharing feelings and relieving stress.

**Seek help.** Individuals who feel an overwhelming worry or anxiety can seek professional mental health support.

## Locally, there are many ways to get help.

- If you have a healthcare provider, reach out to them if you need support.
- The ADM Crisis Center and Psychiatric Emergency Services (PES) are open and accepting patients 24/7 for addiction and mental health related emergencies.
- Our local provider network is operating essential services in Summit County including mental health services, detox, residential treatment & MAT programs. Visit [admboard.org](http://admboard.org) for agency info.
- Residents feeling overwhelmed or troubled by COVID-19, or any situation requiring emotional support, should call our **local Crisis Hotline at 330-434-9144** or use the **Crisis Textline- text 4HOPE to 741-741 for anonymous, round the clock support.**