

# Has the pandemic affected you?

**Since the pandemic started,**

## Have you been feeling...

- anxious or fearful?
- overwhelmed by sadness?
- angry?
- nervous or easily scared?
- headaches or other physical pains without a clear reason?

## Have you been having difficulty...

- concentrating or thinking clearly?
- falling or staying asleep, relaxing, or sleeping too much?
- increased or decreased energy and activity levels?
- talking about what happened or listening to others?
- making decisions?



## To address these symptoms, try the following activities

- Limit/avoid news coverage if it increases your stress and anxiety
- Focus on positive things in your life that you can control
- Talk to others who understand and accept how you feel
- Exercise daily which helps get rid of the buildup of stress hormones
- Take a deep breath to remove physical stress and calm down
- Meditate and listen to relaxing music
- Pay attention to your body- get enough sleep and rest daily. Eat healthy foods and drink plenty of water. Avoid caffeine, tobacco, and alcohol.
- Remember what helped you in the past to deal with problems (for example, spending time with family or friends) and apply it now



**If you need additional help, seek professional mental health services**