



Recommendations for Staying Calm During a Pandemic

Ground yourself.

- When experiencing anxiety, it can leave us feeling like we are outside of ourselves. Feelings of lightheadedness and/or dizziness are common. These reactions are our sympathetic nervous system, in other words, our biological stress response, in action.
- Sit down, place your feet flat on the floor, sit back in the chair and take deep breathes. Be aware of there here and now.

Keep moving.

- It is common to hold our feelings in our bodies. Tense shoulders? Stomachaches? The more we hold, the more we have somatic feelings. Walk, run, jump or dance – get active!

Remember what has not changed.

- Look around you right now and list three things that have not changed since the start of COVID-19. Does your dog still need to be fed? Are your children still needing you to make dinner? Are you still showering? Focus on what is staying the same. Do what you can to keep routines as normal as possible for you and your family.

Live in the land of “and.”

- There are many feelings about COVID-19. They range from extreme panic to feeling like this incident has been blown out of proportion. It is ok to feel somewhere in between. You can be worried and feel fear without having to catastrophize or minimize.

Identify when you have successfully handled the unknown in the past.

- Not knowing what is going to happen and how long this crisis will last can cause fear. It is important to keep in mind that there have been other situations in which you felt afraid and were facing an unknown outcome, yet you made it through.

The public is encouraged to go to the Orange County Health care Agency’s dedicated website at www.ocalthinfo.com/novelcoronavirus for the latest updates.

Adapted from Psychology Today

