Managing Stress and Anxiety during COVID-19

Everyone reacts differently to stressful situations.

Taking care of yourself, your friends and family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

**People who may respond strongly during stress:**
- Children
- Teens
- Older people with chronic disease at risk
- Healthcare workers such as doctors, nurses, first responders
- People helping respond to COVID-19 in the community

**Stress during an outbreak can cause:**
- 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

**What can you do to support yourself?**
- Take time to unwind. Take deep breaths, practice yoga, relaxing activities.
- Take a break from repeatedly listening to news about COVID-19
- Stay connected with family and friends virtually while practicing social distancing.
- Stay informed and share facts on COVID-19 to reduce stress.

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:

911

Substance Abuse and Mental Health Services Administration’s (SAMHSA’s) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746.

TTY (1-800-846-8517)

Call4Calm

Text 552020 to chat anonymously with the Illinois Department of Human Service’s COVID-19 mental health hotline, Call4Calm.

Text keywords like "food", "unemployment", or "shelter" for specific support, or text "Talk" if you need someone to talk to.