

# Managing Stress During COVID-19

## The Power of Keeping Calm

If COVID-19 causes you to experience anxiety, you're not alone. Anxiety thrives on uncertainty, so it's not uncommon for people to feel emotional distress in times of crisis. Whether it's a public health crisis, natural disaster, or other stressors big or small, adopting some simple ways to manage your fears and anxieties can help improve your overall emotional and physical wellbeing.

- **Let go.** You can't control what others do, but you can control how you respond. Exercise the power you have over yourself: wash your hands, gather information from reputable sources, stay connected to people and activities that are important to you. Be present in the moment by focusing on your immediate environment and mentally take stock of your surroundings.
- **Unplug.** Turn off the television and put down your phone. Non-stop media coverage can be overwhelming and have a negative impact on your emotional wellbeing. Use your time to practice mindfulness, take a walk, or talk to friends and family.
- **Take care of yourself.** Stress can have a negative impact on your immune system, potentially leaving you more vulnerable to viruses. In addition to hygiene and social distancing, take care of your overall wellbeing by getting enough sleep, eating smart, and exercising.
- **Practice Gratitude.** When everything seems to be going wrong, take a moment to reflect on what's going right. Gratitude doesn't need to be reserved for momentous occasions like winning a prize. You can also be thankful for something as simple as a great cup of coffee or finding money in a pocket.
- **Reach out.** If you're experiencing increased anxiety, fear, or stress surrounding COVID-19, it may help to seek professional help. The BayCare Student Assistance Program (SAP) provides free and confidential counseling services and support for students. Contact BayCare at (800) 878-5470 or email BayCareSAP@baycare.org for details and assistance.

## BayCare Student Assistance Program

In unprecedented times like these, the stress of the situation often hurts our personal relationships and our own mental health.

The BayCare Student Assistance Program (SAP) can help you better manage your emotional wellbeing by providing **free** and **confidential** counseling services.

### How do I access the Student Assistance Program (SAP) ?

- Call the toll-free helpline 24 hours a day, 7 days a week. The helpline is answered by experienced mental health and/or substance abuse professionals.
- After a brief conversation, you will be given the contact information for local therapists.
- **If you prefer, SAP can provide counseling sessions over the phone or virtually.**

**SAP 24-hour helpline: (800) 878-5470**



BayCare.org/SAP