

EXCERPTS FROM THE CDC

DEALING WITH STRESS

Older people and people of any age who have serious underlying health conditions are at higher risk for severe illness from COVID-19. **People who may have issues getting assistance** if they become ill, like those experiencing homelessness or people with disabilities are also at increased risk from COVID-19.

These conditions and situations may result in **increased stress** during this pandemic. Fear and anxiety can be overwhelming and cause strong emotions.

Things you can do to support yourself:

- **Take breaks from watching, reading, or listening to news .**
- **Take care of your body.** Take deep breaths, stretch, or meditate
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling.
- **Call your healthcare provider if stress gets in the way** of your daily activities for several days in a row.
- **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)