

COPING WITH ANXIETY DURING COVID-19



With border restrictions currently easing in some Australian states, it is common for people to feel anxious due to the uncertainty of COVID-19. Anxiety is experienced when we feel upset, uncomfortable and tense in response to a threat, danger or stress.

TO MAKE AN APPOINTMENT

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YOUR EAP PROVIDER

An infectious disease outbreak is unlike anything we are likely to have experienced before and can lead to many significant changes in our lives. When we are faced with difficult situations, it is normal to experience feelings of stress and anxiety. However, sometimes feelings of anxiety can interfere with a person's ability to function in their daily life and they may need to seek professional treatment. At Positive Solutions we are here to help. If you feel you maybe need some assistance with coping through this difficult time, please contact us to make an appointment.

FOR MORE INFORMATION

- www.beyondblue.org.au
- www.blackdoginstitute.org.au
- www.health.gov.au
- www.who.int

SOME COMMON SIGNS OF ANXIETY

- Worrying
- Feeling restless
- Feeling apprehensive
- Racing heart
- Breathlessness
- Muscle tension
- Dizziness
- Sweating
- Trembling
- Dry mouth
- Chills or hot flushes
- Feeling nauseous
- A sense of panic, danger or doom

THERE ARE A NUMBER OF PRACTICAL THINGS WE CAN DO TO PREVENT AND MANAGE ANXIETY

Focusing on what is within your control

To reduce our anxiety, we can focus on the things that are within our control. We can source information from reputable sources like the World Health Organization (WHO) and take basic recommended precautions against infection. We can also make a plan in case we do need to be isolated or quarantined in the future.

Practicing self-care and relaxation exercises

We can protect our physical and mental health by healthy eating, avoiding drugs and alcohol, getting a good amount of sleep, and doing regular exercise. Regularly practicing relaxation exercises can help us manage anxiety (e.g. slow deep breathing, muscle relaxation, yoga, meditation, and mindfulness).

Connecting with others

Acknowledging our worries and concerns and sharing them with supportive people can help us reduce our anxiety. If you are finding it difficult to cope with the stress resulting from COVID-19, you may wish to seek professional assistance through your EAP provider, a General Practitioner, counsellor or psychologist.

Taking a break from too much media coverage

We can become aware of how much time we are spending focusing on negative news and media related to COVID-19. Our anxiety may be heightened if we are exposed to excessive negative media coverage.

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