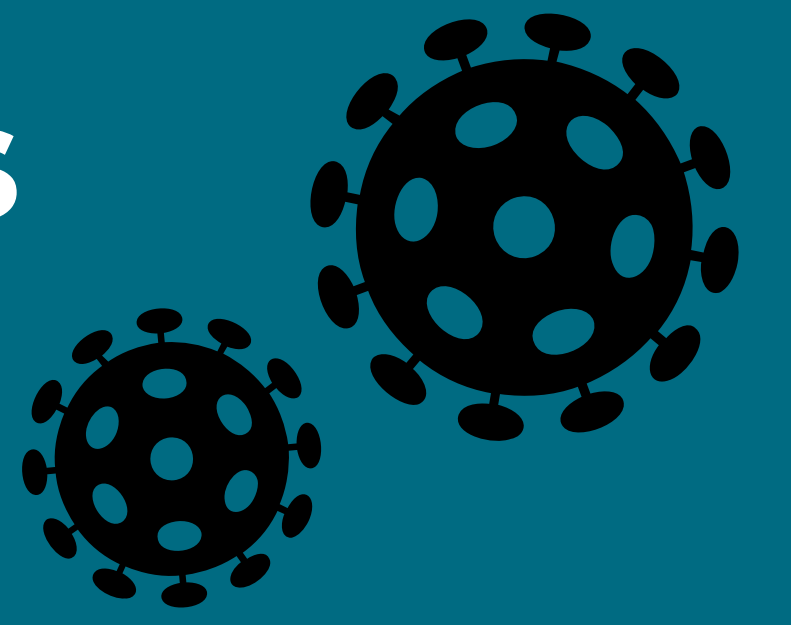




# Mental Health During Times of Crisis

## COPING with ANXIETY



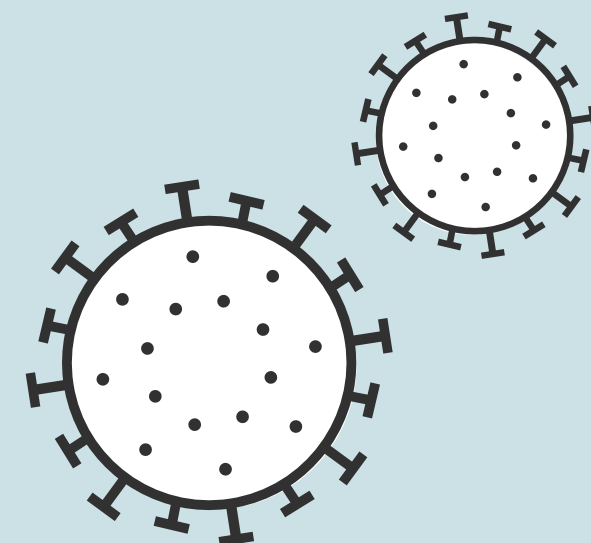
Anxiety surrounding the COVID-19 pandemic can significantly impact our wellbeing.

Anxiety can also cause physical symptoms, but there are coping methods that can help us protect our health and wellbeing during this time of crisis.

### Mental:

you may feel emotionally...

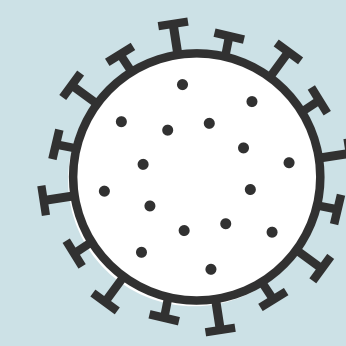
- shocked, numb, or in disbelief
- stressed, fearful, or angry
- disconnected
- overwhelmed by sadness or grief



### Physical:

you may experience...

- difficulty sleeping
- difficulty concentrating
- headaches, body pain, or skin rashes
- changes in energy or activity levels



## COVID-19 anxiety: What are the coping methods?

It is **normal** to experience a wide range of symptoms during or after a **crisis**.

These coping methods can help us preserve our **mental health and wellbeing**.

Acknowledge your anxieties

Write down your worries

Take sensible steps to prepare

Take a media break

Practice good self care

Get physical exercise

TAKE CARE OF YOURSELF.

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