

7 STEPS TO HEALTHY COPING: SCIENCE BASED STRATEGIES TO COPE WITH ANXIETY

(Adapted from <https://theconversation.com/7-science-based-strategies-to-cope-with-coronavirus-anxiety-133207>)



EMPLOYEE ASSISTANCE PROGRAM

Recently, many have shared about having **strange and frightening dreams**. These dreams tend to have some threat of harm or impossible task which gives a feeling of **panic, fear** and even **dread**. These dreams are one of the many ways anxiety is being experienced as we deal with **coronavirus anxiety**.



Anxiety is a natural response to threat. We feel worried when we think of all the scary things that are happening and all the scary things that can happen. However when our anxiety becomes overwhelming, it can affect our mood, sleep and appetite. We may even have difficulties focusing and even be a little irritable.

HERE ARE 7 WAYS TO DEAL WITH YOUR ANXIETY SURROUNDING COVID-19.

1. ACCEPT UNCERTAINTY. You cannot predict or be prepared for everything. **Face your fear of the unknown** and build your tolerance. **Notice uncertainty** and **avoid responding immediately**. This week, try not to impulsively check on pandemic updates.

2. EXPLORE MEANING. This threat triggers our fear of death. Questions of purpose and meaning gives the opportunity to **pursue your sources of meaning** - spirituality, relationships or the pursuit of a cause.

3. FACE YOUR FEELINGS. Relief from self-comfort is good, but avoidance may have a long-term impact. **Talk about your anxiety**. Anxiety is **normal and valid**. Experience the wave of emotion. As you use relaxation techniques, notice that the wave of emotion recedes.

4. TAP INTO RESILIENCE. We undervalue our ability to deal with things. Remember how you have **coped in the past** and have overcome. You have resources - **social support** and **coping strategies**. You are more resilient than you think!

5. SHIFT PERSPECTIVE. Since we are drawn to negativity, the constant media coverage can increase anxiety. **Take breaks from all media**. **Focus on other things**. Your life is more than this virus.

6. STRENGTHEN SELF-CARE. Greater stressors demand a greater effort at stress prevention and reduction. Focus on **sleep, diet and exercise**. Tap into **faith and humour**. Find your own **unique ways**.

7. SEEK HELP. For some of us, asking for and receiving help is difficult. However, **all of us need help** sometimes. **Reach out** to a trusted friend or family member.

*"All of us
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