

# Is COVID Causing You Stress and Worry?

There are a wide variety of thoughts and feelings that can occur when difficult things happen. Anyone who sees or experiences them WILL be affected in some way.



**Public Health**  
Prevent. Promote. Protect.

**If you need help, please call us!**  
**We are here to help.**

We can connect you with any needed resources.

Call Kandiyohi County Public Health at  
320-231-7800 and press 4



[Kandiyohi County Public Health](#)

## Signs of stress and worry can include

- Eating or sleeping too much or too little
- Lack of energy, always feeling tired
- Having unexplained aches or pains
- Pulling away from people and things
- Feeling helpless, hopeless, having no control
- Unable to perform daily tasks
- Feeling on edge, angry or upset, yelling or fighting with family and friends
- Smoking, drinking or using drugs more than you should
- Thinking of hurting or killing yourself or someone else

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## Tips for coping with stress and worry

- **Focus on what you can control** to reduce your risk of COVID, including your thoughts and behaviors. Don't let fear influence your decisions
- **Maintain a healthy diet, activity, and rest routines** to help your immune system and mental health. This is especially important for children
- **Look for the good stuff:** the helpers, time spent with family, and opportunities to pull together. Write down 3 things you are grateful for each day
- **Take comfort knowing** you are caring for yourself and others
- **Spend time in nature** while following to social distancing guidelines
- **Talk with others** (chaplain/minster/pastor, family, friend) for support - human beings, in general, recover more quickly from difficulties if they talk about them
- **Limit exposure to news** or social media updates. Use reputable sources, avoid speculation and rumors
- **Practice relaxation methods:** breathing exercises, meditation, calming self-talk, soothing music, online videos, sports, hobbies, reading
- **REMEMBER** that you are resilient, and so is humankind. We will get through this

## Remember to Take Care of Yourself



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