

# COPING WITH STRESS IN THE TIME OF COVID-19

Feeling down? Stressed? Afraid? Don't be. It's not all gloom and doom!  
Here are 8 ways to deal with your fear and anxiety.

Courtesy of the Psychological Association of the Philippines (PAP)

**Australian Aid**



[www.canvas.ph](http://www.canvas.ph)



## SET A ROUTINE.

Take a shower, go to work (even if it's just in your sala). Get dressed for work as if you're going to a company outing (it's casual but official), avail of your 15-minute coffee break the way you always have. Eat lunch at your prescribed time.

## MAINTAIN GOOD HEALTH.

Go out for a morning walk — that's exercise plus sun exposure means a dash of vitamin D, which is good for your immunity. Get enough sleep; you know, those working from home can actually wake up a few minutes later than usual as there is no traffic to deal with!



## FOCUS ON WHAT YOU CAN CONTROL.

This includes things you can do to avoid the disease: wash your hands, clean and disinfect your laptop and phones, and whatever else you could be touching frequently.

## YOU DON'T NEED TO KNOW EVERY SINGLE THING ALL THE FREAKING TIME.

Limit your consumption of news and social media. Make sure what you're paying attention to isn't fake.



## SET ASIDE TIME FOR HOBBIES.

Don't forget to have some fun! You're allowed an episode (or three) of your favourite show on Netflix, listen to your favourite record, read a chapter of that book you've always meant to read, or sleep.



## HELP OUT.

As they say, the solution to depression is action. Find ways you can help your community during this crisis — you could donate to drives supporting the frontliners or the street vendors most affected by the quarantine. You can go check on your elderly neighbor, and consider including her needs on your next supply run. Help your mom set up her online banking account. There are many ways you can help out.



## REACH OUT TO A TRUSTED FRIEND.

Social distancing is in right now but you can do that and still be with a friend. Call, text, Zoom, FaceTime, Viber, WhatsApp — stay connected!



## SEEK ADDITIONAL SUPPORT.

If you're still finding it difficult to cope, inquire with mental health care providers for assistance. There are a number of online / tele-counseling services who are ready to help.



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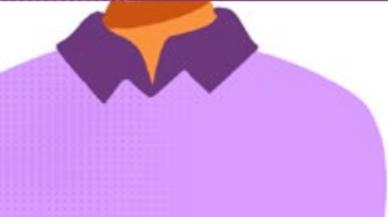
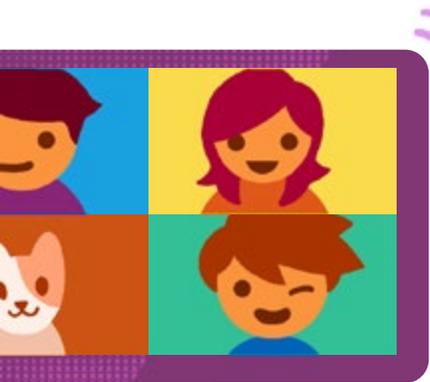
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