

Anxiety and Stress

With all the information bombarding us in relation to COVID-19, it's hard not to feel overwhelmed. On top of the constant fear of what is going on in the world around us, the kids are home, you may or may not be out of work, news is constantly changing, and you may fear for the health and wellness of those around you. How can we best manage everything going on?

Stay well informed

There is a very large amount of information going around relation to COVID-19. Some information is well-founded, while some is not. The best thing to do is obtain information *yourself* from reliable sources. These sources include the Centers for Disease Control (CDC), The World Health Organization (WHO), and any state or local resources. Information is constantly being updated. We are currently working on methods for you to have a means to communicate with nurses for any questions.

**"Do what you can, with what
you've got, where you are"**

-Theodore Roosevelt



Managing Anxiety and Stress



COVID 19- What we're not talking about

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Remain Calm

Learn to replace “bad thoughts” with “good thoughts.” How do we do this? Replace, “What if I get COVID-19?” with “I am following the CDCs recommendations, washing my hands, social distancing, following stay at home orders, I will be okay.”

Do Your Part

Be a team player. Although it may seem “extreme” do your part and obey orders. Stay at home means stay at home. Although you may not be in danger, those around you might be. Don’t hoard supplies, only get what you need. Together, we can overcome this.

Find Help

Feeling depressed or anxious? Do you feel like hurting yourself, your kids, or others around you? You don’t have to do this alone, there’s help. Speak with a counselor today.

National Suicide Prevention Hotline:

1-800-273-8255

New Mexico Crisis and Access Line:

1-855-662-7474

Peer-Peer Warmline (Call 3:30pm-11:30pm)

1-855-466-7100 (Text 6:00pm-11:00pm)

How to cope

Don’t overload yourself with information. Give yourself the time to “disconnect” on a daily basis. This means staying off of social media, not watching the news or listening to news radio. This may be for 20 minutes a day, or two hours a day. Find a method that works best for you.

Find effective coping skills. For you, this might mean listening to music, drawing, coloring, engaging in physical activity, reading, prayer, or meditation. Let's face it, life is tough and we're busy, but try to give yourself a break during the day to unwind and not think about what is going on around you.

