



CLAREMONT EAP

Managing Fears and Anxiety around Coronavirus

As information about Coronavirus unfolds, there can be a wide range of thoughts, feelings and reactions.

Common Reactions:

- Anxiety, worry, panic
- Feeling of helplessness
- Social withdrawal
- Anger
- Difficulty concentrating and sleeping
- Hyper-vigilance to your health and body

Ways to Manage Fears & Anxiety:

Although Coronavirus is a health issue that is being taken very seriously by public health authorities, do not let your worry about this virus control your life. There are many simple and effective ways to manage your fears and anxieties. Adopting these practices can help improve your overall emotional and physical well-being.

- **Get the facts.** Stay informed with the latest health information on the dedicated [CDC website](https://www.cdc.gov).
- **Keep things in perspective.** Limit worry by lessening the time you spend watching or listening to upsetting media coverage. Balance staying informed with taking breaks from watching the news. Focus on the things that are positive in your life and things you can control.
- **Be mindful of your assumptions about others.** Someone who has a cough or fever does not necessarily have coronavirus. Self-awareness is important in not stigmatizing others in our communities.
- **Stay healthy.** Adopting healthy hygienic habits such as washing your hands with soap and water or an alcohol-based hand sanitizer, frequently, and certainly after sneezing or before/after touching your face or a sick person. Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing. Avoid touching your eyes, nose and mouth. Avoid contact with others who are sick and stay home while sick.
- **Keep connected.** Maintaining social networks can help maintain a sense of normalcy, and provide valuable outlets for sharing feelings and relieving stress.
- **Seek additional help.** Call Claremont EAP for a referral to a licensed clinician to discuss your concerns and coping strategies. Video counseling is also available.

For free and confidential support, call Claremont EAP at:

800-834-3773

www.claremonteap.com

Source: <https://uhs.berkeley.edu>