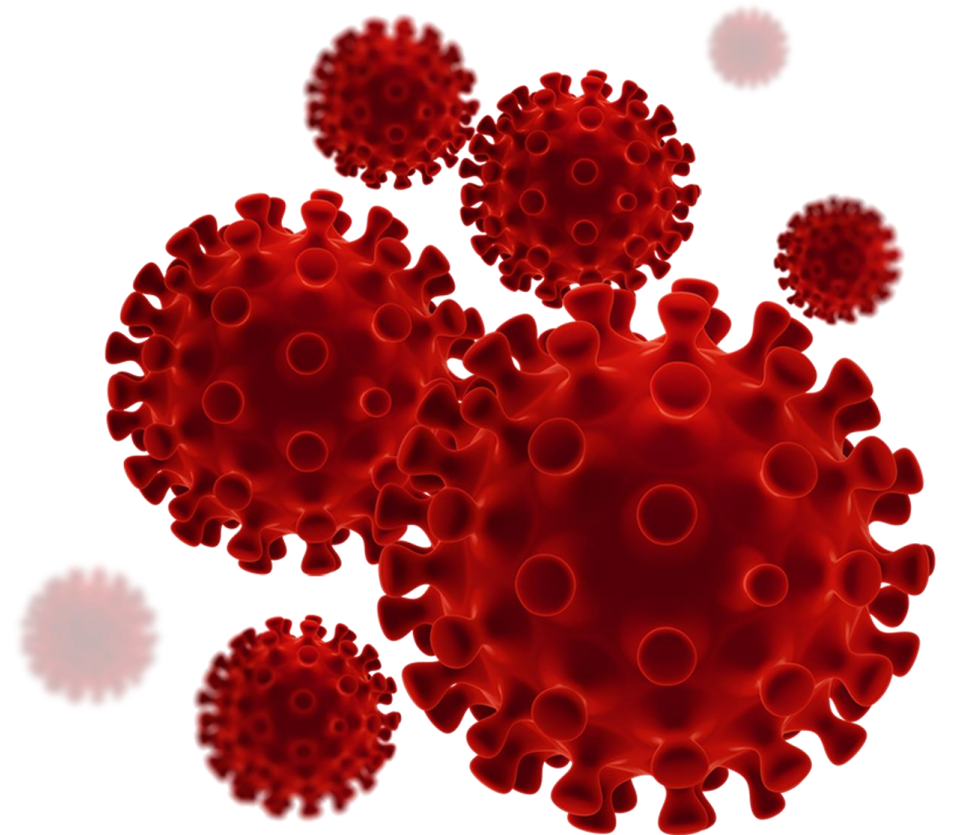


# Coronavirus Disease 2019 (COVID-19) Manage Anxiety and stress

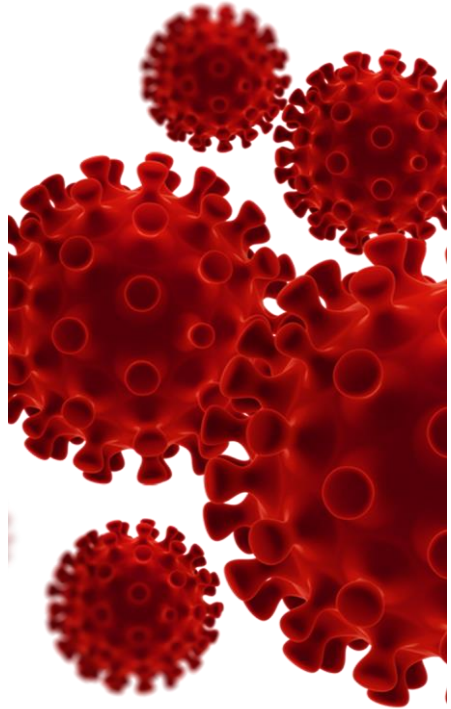
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# Stress and Coping

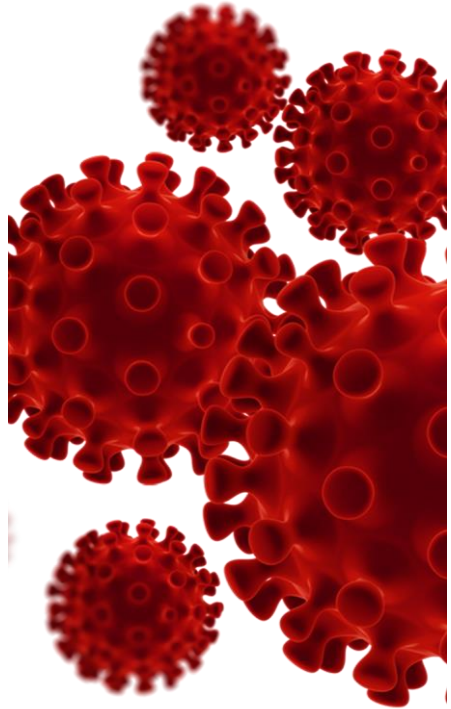


- The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people.
- Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children.
- Coping with stress will make you, the people you care about, and your community stronger.



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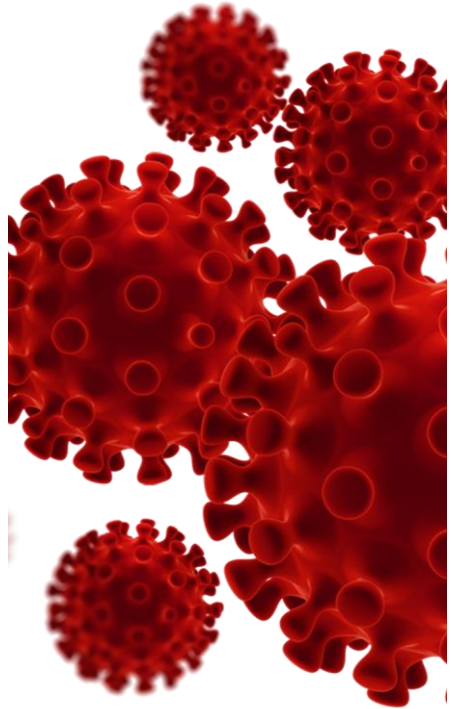
# Everyone reacts differently to stressful situations

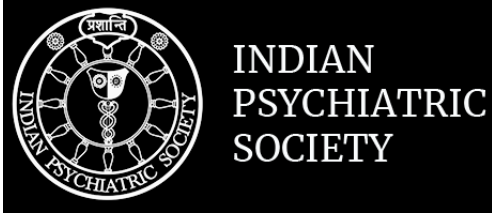


- How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in.
- People who may respond more strongly to the stress of a crisis include
  - Older people and people with chronic diseases who are at higher risk for COVID-19
  - Children and teens
  - People who are helping with the response to COVID-19, like doctors and other health care providers, or first responders
  - People who have mental health conditions including problems with substance use

# Stress during an infectious disease outbreak can include

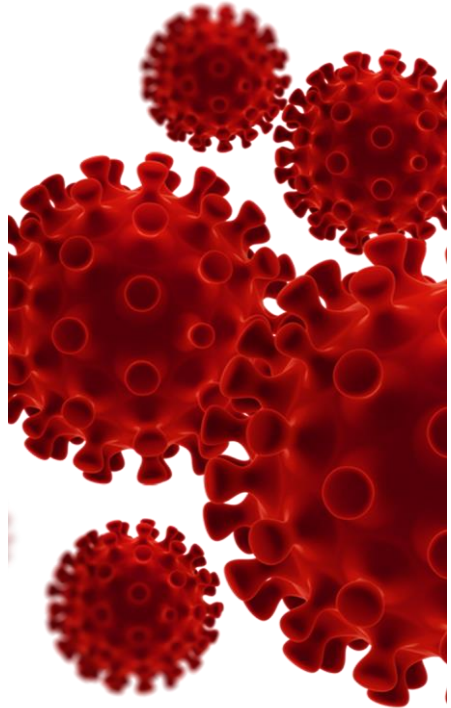
- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs





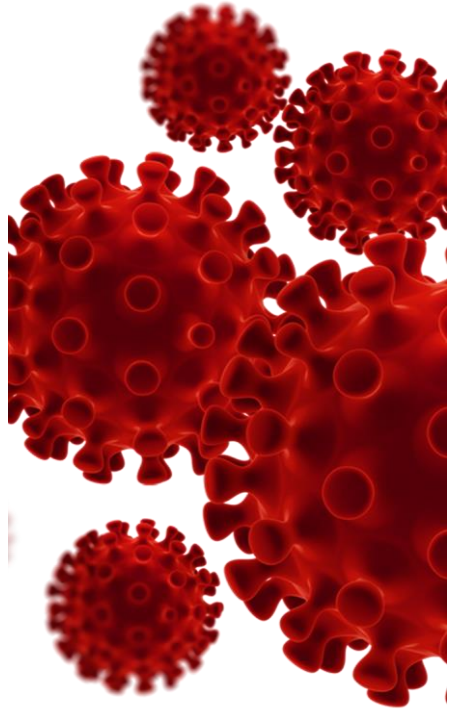
# Things you can do to support yourself

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, meditate external icon. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drug
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.



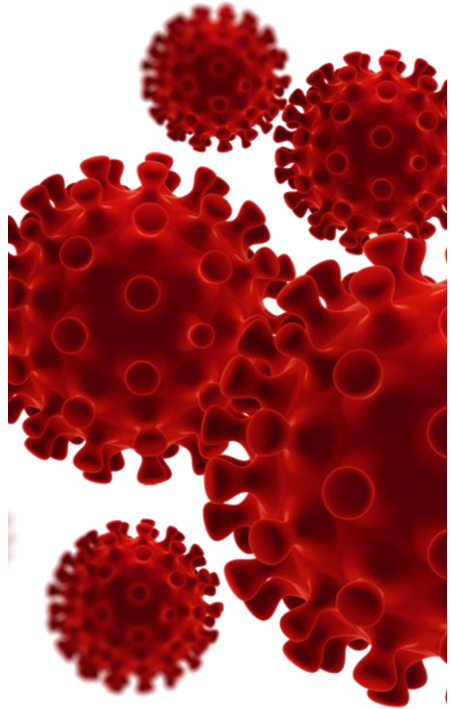
# Reduce stress in yourself and others

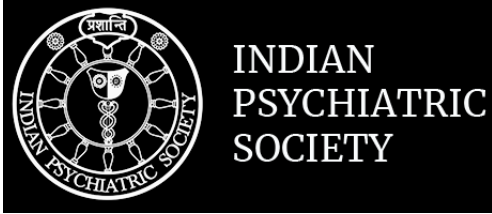
- Sharing the facts about COVID-19 and understanding the actual risk to yourself and people you care about can make an outbreak less stressful.
- When you share accurate information about COVID-19 you can help make people feel less stressed and allow you to connect with them.
  - For parents
  - Children and teens react, in part, on what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared.



# Children, teens & stress response

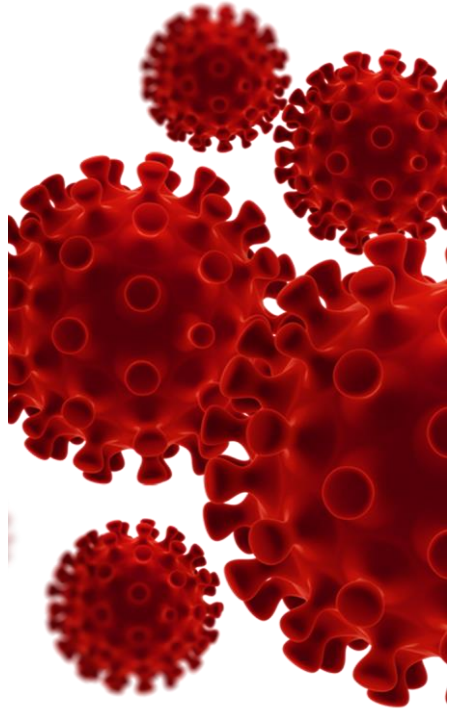
- **Not all children and teens respond to stress in the same way. Some common changes to watch for include**
  - Excessive crying or irritation in younger children
  - Returning to behaviors they have outgrown (for example, toileting accidents or bedwetting)
  - Excessive worry or sadness
  - Unhealthy eating or sleeping habits
  - Irritability and “acting out” behaviors in teens
  - Poor school performance or avoiding school
  - Difficulty with attention and concentration
  - Avoidance of activities enjoyed in the past
  - Unexplained headaches or body pain
  - Use of alcohol, tobacco, or other drugs





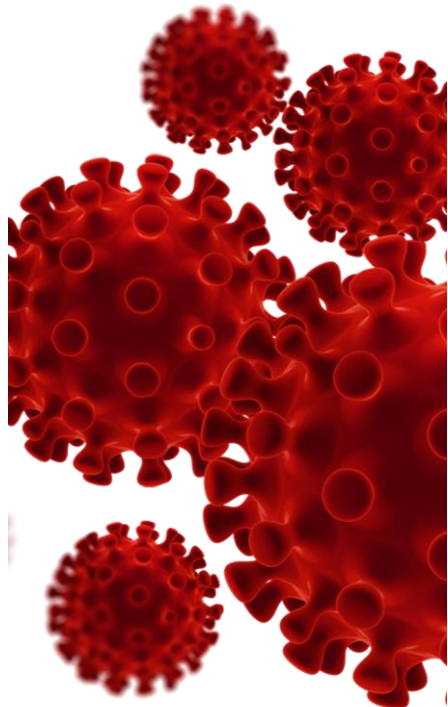
# There are many things you can do to support your child

- **Take time to talk with your child or teen about the COVID-19 outbreak.** Answer questions and share facts about COVID-19 in a way that your child or teen can understand.
- **Reassure your child or teen that they are safe.** Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- **Limit your family's exposure to news coverage of the event, including social media.** Children may misinterpret what they hear and can be frightened about something they do not understand.
- Try to keep up with regular routines. If schools are closed, create a schedule for learning activities and relaxing or fun activities.
- Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.





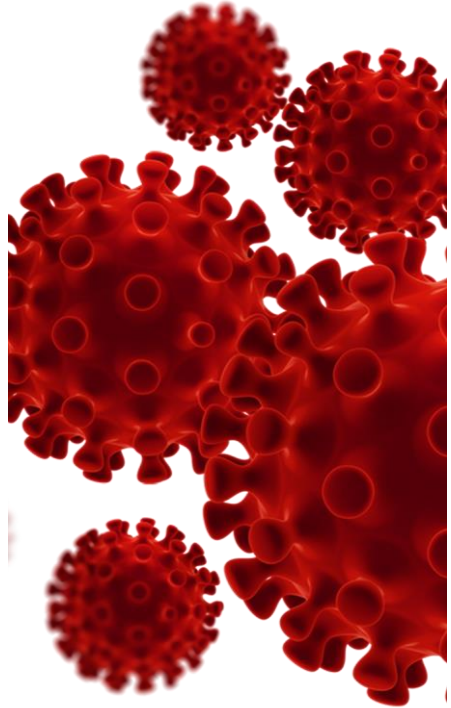
# For responders

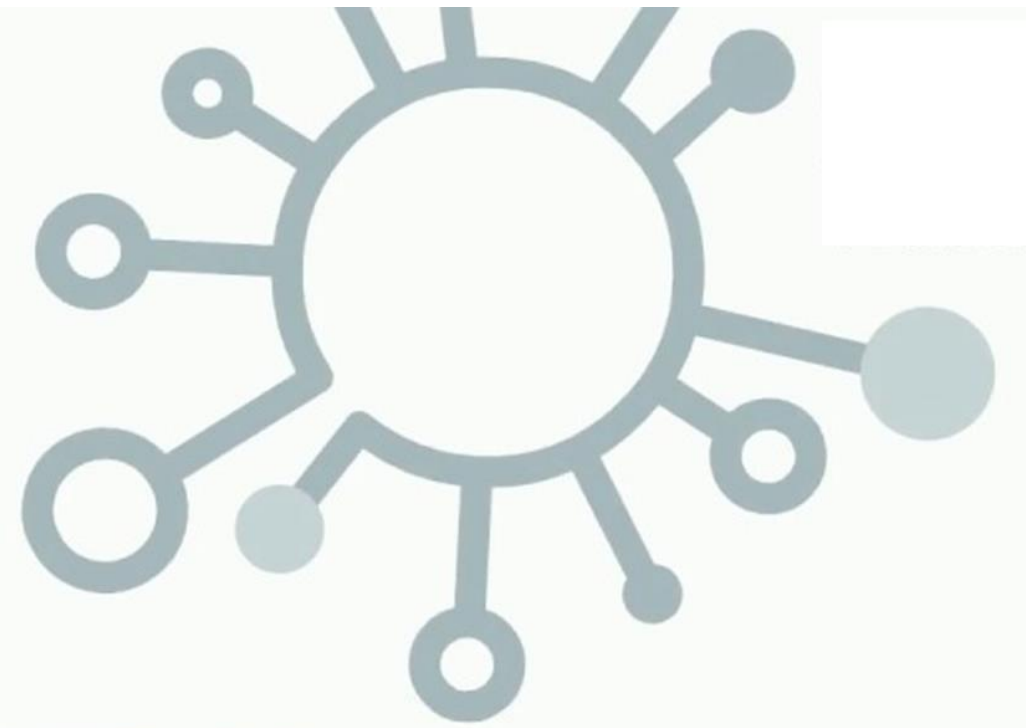
- 
- Responding to COVID-19 can take an emotional toll on you. There are things you can do to reduce secondary traumatic stress (STS) reactions:
    - Acknowledge that STS can impact anyone helping families after a traumatic event.
    - Learn the symptoms including physical (fatigue, illness) and mental (fear, withdrawal, guilt).
    - Allow time for you and your family to recover from responding to the pandemic.
    - Create a menu of personal self-care activities that you enjoy, such as spending time with friends and family, exercising, or reading a book.
    - **Take a break from media coverage of COVID-19.**
    - Ask for help if you feel overwhelmed or concerned that COVID-19 is affecting your ability to care for your family and patients as you did before the outbreak.



# For people who have been released from quarantine

- Being separated from others if a healthcare provider thinks you may have been exposed to COVID-19 can be stressful, even if you do not get sick. Everyone feels differently after coming out of quarantine. Some feelings include:
  - Mixed emotions, including relief after quarantine
  - Fear and worry about your own health and the health of your loved ones
  - Stress from the experience of monitoring yourself or being monitored by others for signs and symptoms of COVID-19
  - Sadness, anger, or frustration because friends or loved ones have unfounded fears of contracting the disease from contact with you, even though you have been determined not to be contagious
  - Guilt about not being able to perform normal work or parenting duties during quarantine
  - Other emotional or mental health changes





**COVID-19**  
**Stay safe and healthy!**

All because we CARE!



# Thank you!!!

This Information has been brought to you by



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