

Managing Anxiety & Stress During COVID-19



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM

The coronavirus pandemic is stressful for all Alaskans. Fear about the disease, disruption of normal life, and protective measures like social distancing is all very difficult. Fear and anxiety about the virus can be overwhelming and cause strong emotions that affect the health and well-being of yourself and everyone in your home.

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, or meditate. Try to eat healthy, drink plenty of water, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Connect with others over the phone or video.

Things you can do to support your children

- Take time to talk with your child or teen about the new coronavirus outbreak. Reassure your child or teen that they are safe. Let them know it is OK if they feel upset.
- Limit your family's exposure to news coverage of the event, including social media.
- Try to keep up with regular routines. If schools are closed, create a schedule for learning activities and relaxing or fun activities.

Self-Care & Family Ideas

Walk it off



Taking a stroll is one of the easiest ways to clear your head and adjust your frame of mind. Once you are out, try to maintain a steady pace. There is no need to rush or push yourself too hard.

Try a new craft



Sewing, crocheting, stitching, painting, coloring, beading, etc. Through creativity, you reconnect with your emotions and work towards understanding them. Art also provides physical benefits due to its relaxing properties.

Board Games



Turn off the TV and challenge the family to a board game. Introduce kids to a classic like Chutes N Ladders or try a new one like Mice and Mystics that you can all learn together.

Easy minute neck stretch

Taking a minute to stretch will release tension from head to toe.

-Inhale deeply and lift your shoulders high up to your ears. Release and drop your shoulders.

Repeat 5 times.

-Shake your head slowly in an extended "no" direction then shake your head slowly in an extended "yes" direction.

Repeat 3 times.