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Ways to Relieve Pandemic Anxiety

1

Talk about it

Don't be afraid to reach out to other people to talk about any emotions you're feeling. Talking through your anxieties can get them out of your head and might make you realize some aren't worth worrying about.

4

Talk to loved ones as much as possible

We're all feeling isolated, but calling or FaceTiming your loved ones can help you feel less alone. Focus on topics outside of things you're worried about. Keep conversation light: reminisce about stories from the past or talk about what you'll do together when quarantine lifts.

2

Go outside

We may be on lockdown, but that still permits going outside. We can all benefit from some fresh air, especially with the weather warming up for spring. Plus, seeing the flowers and trees bloom will give you some hope and a sense of renewal.

5

Take time for activities or hobbies you enjoy

Try to incorporate your favorite activities into your day. Work on your hobby or start a new one! If you have extra time, use it well!

3

Know that you're doing what you can to be safe

If you're isolating and following [CDC guidelines](#), even if you are required to work in this time, you are doing all that you can to be as safe as possible. Think of all the precautions you and your community members are taking and recognize that most people are doing their part. You can only do your best, so take some of the pressure off yourself!