

Coping with health-related anxiety:

The continued spread of the coronavirus is likely to cause anxiety and stress for you and your family.

What are the symptoms of stress and anxiety?

Some physical responses could be:

Difficulty sleeping and eating, headaches and general upsets or infections, racing heartbeat and excessive perspiration.

Psychological responses could be:

Pessimism and symptoms of depression, a lack of concentration, constant worry about past, present and future, and not being able to relax or enjoy life.

Ways to manage anxiety and stress:

- **Adopt a healthy lifestyle.** If we eat a healthy diet, exercise regularly and ensure we get adequate sleep and rest, our body is better able to cope with stress should it occur.
- **Know your limitations and do not take on too much.** We cause ourselves a great deal of stress because we like people to like us and don't want to let people down. Learn to be assertive so that you can say no without upsetting or offending. This might mean changing your holiday plans or cancelling social engagements.
- **Accept the things you cannot change.** Changing a difficult situation is not always possible. If this is the case, recognise and accept things as they are and concentrate on things you do have control over.
- **Find time to talk to friends.** Friends can ease troubles and help us see things in a different way.
- **Try to see things differently.** Develop a positive thinking style. If something is concerning you, try to see it differently. Often, talking to someone else such as a friend or colleague will help you see things from a different and less stressful perspective.
- **Learning to relax is also important.** It breaks the cycle of anxiety and has a very positive effect on your mind and body.

A simple relaxation suggestion:

If you are feeling particularly anxious it may take several tries at this exercise before you feel the benefit.



Make sure you are sitting or lying down in a warm and calm environment.



Stretch out, yawn.



Allow yourself time to quieten your mind and feel at ease.



Start to breathe very slowly and become aware of rise and fall of your chest.



Begin to tense then relax your muscles, starting from your feet and legs upwards. Whenever you feel any tension do this once or twice.



Block out any intrusive thoughts and try to make your mind a blank.



As you relax imagine your most favourite peaceful place - a beach, a countryside scene, a desert landscape, a courtyard with a fountain - anything which has a positive and calming effect.



15-20 minutes relaxation like this everyday has been proven to help reduce anxiety and help our powers of resilience.

If you find that you or a family member are feeling overwhelmed by your anxiety, consider talking to a psychologist or counsellor.



Toll-free:

(from land and mobile phones)

Or request a call back: ***134*905#**

Applicable to you and those who live under your roof.