



Coronavirus Disease 2019 (COVID-19): Stress Management

Office of Community Health, Equity and Wellness

Updated August 26, 2020

Outbreaks can be stressful

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
- Worsening of mental health conditions
- Increased use of alcohol, tobacco, or other drugs



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Ways to reduce stress during COVID-19

- Only get information from trusted sources
- Take a break from social media and news media if it makes you feel anxious and upset
- Stay in contact with family and friends virtually while staying at home
- Make time for self-care and activities that bring you joy
- Stay healthy by staying active, drinking plenty of water, practicing good hand washing hygiene, and eating healthy foods
- Go for walks, runs, bike rides outside as long as you stay 6 feet away from anyone who does not live in your household, and avoid touching surfaces
- Get plenty of rest



Talking to kids about COVID-19

- Share age-appropriate information about what's happening
 - This fun video can explain the virus to kids
<https://www.youtube.com/watch?v=MVvVTDhGqaA>
- Reassure them that they are safe
- Explain what your family can do to be “germ busters”
 - Wash hands often
 - Catch that cough
 - Rest is best
 - Stay home
- Find more tools to use to explain COVID-19 to children: <https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?fbclid=IwAR3bSNZdZuUInkgQyQngWkfXU8yXIV6RVB6ReCvrBfWcZ1XuM56WFxpKQdM>



Ways to support your child during COVID-19

- [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 can understand.
- **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.** Create a schedule for learning activities and relaxing/fun activities.
- **Be a role model.** Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.
- 7 ways to support kids and teens through the coronavirus pandemic:
 - English: <https://www.mghclaycenter.org/hot-topics/7-ways-to-support-kids-and-teens-through-the-coronavirus-pandemic/>
 - Spanish: <https://www.mghclaycenter.org/hot-topics/7-maneras-de-apoyar-a-ninos-y-adolescentes-durante-la-pandemia-del-coronavirus/>



MyCare Advice Hotline

- Henry Ford MyCare 24/7 Advice Hotline (For non-emergency medical advice) is free: [\(844\) 262-1949](tel:8442621949)
 - This service is for Henry Ford patients



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Henry Ford Community Emotional Support Hotline

- The Henry Ford Community Emotional Support Line is available for teens and adults for free
 - You do not have to be a Henry Ford patient to call
 - 313-874-0343

NEED TO TALK?
WE'RE HERE FOR YOU.

**COMMUNITY
EMOTIONAL
SUPPORT LINE**
FOR TEENS & ADULTS

(313) 874-0343

Beginning Monday April 27th 2020
Call Line Available 7am-11pm
Everyday

Brought to you by:


all for you



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Where to get reliable information about COVID-19

- Find general information about COVID-19, the symptoms, what to do if you get sick, and how to protect yourself
 - [Centers for Disease Control and Prevention](#)
- Daily update reports with highlights and number of cases/deaths
 - [World Health Organization](#)
 - [Sign up for Johns Hopkins Daily COVID-19 Newsletter](#)
- Michigan cases and deaths
 - [Michigan.Gov/Coronavirus](#)

