

MANAGING ANXIETY RELATED TO COVID-19 OUTBREAK

For Acute Distress:

The Samaritans of RI
(401) 272-4044 or
(800) 365-4044

National Suicide Prevention Lifeline
(800) 273-TALK; (800) 273-8255; TTY: 1-800-799-4889

POC (Persons of Color)
Text Crisis Line: Text
"STEVE" to 741741

Trevor Project LGBTQ Helpline: 1-866-488-7386

The Trans Lifeline: 1-877-565-8860

COVID-19 outbreak elicited lot of stress and anxiety in our RWU community as well as general population. It is understandable that everyone reacts differently to the current events. Individuals with heightened risk for COVID-19 might feel particularly vulnerable.

Signs of increased stress related to COVID-19 may include:

- Increased worry for health and safety
- Difficulty controlling your worry
- Difficulty with sleep and concentration
- Increased substance use
- Increased chronic mental and physical health problems
- Fatigue
- Irritability

Apps and Services:

Mindfulness:
Insight timer
Aura
Calm
Headspace

Sleep:
Noisli
Pzizz
Slumber
Sleep Cycle

Other:
PTSD Coach
Stress Tracker
T2 Mood Tracker
iQuarium Virtual Fish
Relaxation Portal

Therapy Services:
Talk space
Psychologytoday
Zencare

Below are listed few tips to relieve anxiety related to COVID-19:

- Practice mindfulness
- Decrease your exposure to news
- Practice good self-care
- Exercise
- Get adequate sleep, nutrition and hydration
- Connect with others despite current limitations

Avoid Stigmatizing or Generalizing