

## I FEEL VERY ANXIOUS ABOUT COVID-19, WHAT CAN I DO?

### Common signs of distress include:

<ul style="list-style-type: none"><li>• Feelings of numbness, disbelief, anxiety or fear.</li></ul>	<ul style="list-style-type: none"><li>• Changes in appetite, energy, and activity levels.</li></ul>
<ul style="list-style-type: none"><li>• Difficulty concentrating.</li></ul>	<ul style="list-style-type: none"><li>• Worsening of chronic health problems.</li></ul>
<ul style="list-style-type: none"><li>• Physical reactions, such as headaches, body pains, stomach problems, and skin rashes.</li></ul>	<ul style="list-style-type: none"><li>• Difficulty sleeping or nightmares and upsetting thoughts and images.</li></ul>
<ul style="list-style-type: none"><li>• Anger or short-temper.</li></ul>	<ul style="list-style-type: none"><li>• Increased use of alcohol, tobacco, or other drugs.</li></ul>

### Things I can do to support myself:

- **Limit how much news you are watching or reading:** The more we see and hear things that are upsetting, the more it sticks in our minds. We know it can feel scary and we want to help support healthy coping and less focus on the news. When staying informed choose reputable sources such as the Center for Disease Control, World Health Organization, and local government.
- **No talking about worries about COVID-19 or journal writing about it at this time:** You want to distract away from negative feelings, not get in touch with them.
- **Say kind statements:** Speak to yourself as if you were talking to someone you care about, "You are a good person going through a hard time. You'll get through this."
- **Say a coping statement:** "I can handle this." "I will be ok." "This feeling will pass."
- **Do some arts and crafts:** Keeping your hands busy can help calm the mind.
- **Put cold water on your face:** Use a washcloth or your hands to put cold water on your forehead and eyes.
- **Run cool water over your hands.**
- **Remind yourself:** I am in a safe place.
- **Take deep breaths:** Blow the breaths out with some force.
- **Hum, sing, or chant:** Notice the vibration in your throat as you do this. Notice how relaxing it starts to feel.
- **Move your body:** Sway, walk, stretch, dance.
- **Eat something very slowly:** While you do so, describe the flavors in detail to yourself.
- **Laugh:** Watch or listen to something funny.
- **Connect with loved ones:** Call them over the phone or using Facetime/WhatsApp/Skype.
- **Take care of your body:** Eat healthy meals, exercise, and get plenty of sleep. Avoid alcohol, tobacco, and other drugs.
- **Seek help when needed.** Call the clinic at 612-873-2218.

**PHONE/COMPUTER APPS & RESOURCES**

PTSD Coach	Virtual Hope Box
Breathe2Relax	Booster Buddy
What's Up?	Bellybio
CBT thought diary	Happify
Calm	Headspace

Russ Harris, Acceptance and Commitment Therapy (ACT) practitioner and author of "The Happiness Trap," developed an ACT strategy for the COVID-19 outbreak, using the acronym FACE COVID. Here are the key steps:

<b>F</b> = Focus on what's in your control	<b>C</b> = Committed action
<b>A</b> = Acknowledge your thoughts & feelings	<b>O</b> = Opening up
<b>C</b> = Come back into your body	<b>V</b> = Values
<b>E</b> = Engage in what you're doing	<b>I</b> = Identify resources
	<b>D</b> = Disinfect & distance

For more depth here is the link:

<https://drive.google.com/file/d/117HY4z4mY5izJpR44ejuZ8rhTyoWEGEG/view>

**ADDITIONAL RESOURCES**

- In need of assistance with food or other essential service: dial 2-1-1 (from a cell phone, call 651-291-0211) or text your zip code (i.e. "55404") to 898-211. A Certified Community Resource Specialist will help you find available resources for food, shelter, crisis help, etc. After finding your local food resources, CHECK BACK WITH THEM, or 2-1-1, OFTEN to see if/when they start offering food delivery as an option. Some food shelves have also moved to "pre-packaged food packs" for pick-up only.
- United Way is putting together a relief fund for people who have lost jobs/income due to COVID-19. For more information: <https://www.gtcuw.org/>
- XCel Energy will postpone/refinance electric bills for the time being. They ask that you call to report a difficulty with payment due to COVID-19. They will not suspend any electric service until further notice, even if you do not pay. You are still encouraged to call if you are unable to pay your bill. Call: 1-800-895-4999.
- If you have personal loans or a credit card through a bank/credit union, and are unable to pay your bill call your carrier or loan holder to ask they can suspend your payments for some time.
- If you have elderly or disabled relatives; most assisted living, nursing homes, and transitional care units have put regulations in place against visitors. Before planning a visit, contact the facility to see if visitors are allowed.
- Effective Monday 03/23/2020, Minnesota Governor Tim Walz issued an executive order SUSPENDING EVICTIONS. Continue to pay as much rent as you can, but if you are behind your landlord is now not able to start the eviction proceedings against you in court. If you are on the verge of eviction and your landlord is not aware, or you need help, PLEASE contact Home-Line at 612-728-5767.

**Commented [HM1]:** "The current crisis calls upon us to accept that there are limits to what we can know and control. The nature of being human is that we are not invincible or impervious to risk..."

Getting to a place of acceptance and mental preparedness is far more psychologically adaptive than trying to avoid something in our minds that we ultimately cannot control."

More in:  
<https://blogs.scientificamerican.com/observations/whats-scarier-than-the-coronavirus/>