



Rittenhouse
PSYCHIATRIC ASSOCIATES

Rittenhouse Psychiatric Associates is available for new patient visits, by video during this crisis. Please call Amy at 267-358-6155 x 1 to discuss. Evening and weekend appointments available.

Managing Anxiety in the Midst of Uncertainty

Preventative care plays an important role in **boosting your immunity** to any viruses including COVID-19. Your physical and emotional health are linked. Self-care during an emergency will help you think clearly and promote long-term healing.

Stress is a normal part of life. It is our natural response to threats in our environment, like the one we are facing today. It helps mobilize us to respond. Yet, too much stress and adrenaline **can lead to exhaustion and collapse**. It is important to manage stress to be able to stay the course over the next few months.

This handout is meant to provide clear, concise, and targeted ideas to help manage and cope effectively during this health crisis.

Look out for these common signs of distress, fear and worry (CDC, 2020)

- Anger or short-temper
- Difficulty sleeping
- Changes in eating patterns
- Reduced concentration, efficiency, productivity
- Reduced energy
- Increased use of alcohol, tobacco, or other drugs
- Physical reactions and tension (headaches, body pains, stomach problems, and skin rashes, muscle spasms)
- Increased use of alcohol, tobacco, or other drugs

How to practice stress management. . .

At work

- Know your signs of stress
- Identify major stressors
- Create a team culture
- Take time for yourself/take breaks

At home

- Stay connected, even when physically isolated
- Plan for what you can
- Plan out your home supply needs

Take Stress-reducing precautions

Take care of your mind

- Stay current but not obsessive
- Manage what you can; release what you cannot
- Know your limits- say 'no' when necessary
- **Take breaks** from watching, reading, listening to news stories, including social media
- Catch your unhelpful thoughts
- Use what works for **you**
- Don't let coronavirus dominate every conversation
- Get out into nature if possible

Take care of your body

- Take deep breaths (into your belly) and stretch
- Try to eat healthy, well-balanced meals
- Exercise even if at home (many gyms and studios are offering online classes- see below)
- Get plenty of **sleep**
- Avoid alcohol and substances
- When your mind wanders, focus on use of your **5 senses** (pay attention to sights, sounds, smells, tastes, things you can feel/touch)

Resources for self-care

Exercise classes are offered online by these fitness studios in Philadelphia including

- ❖ Philly Power Yoga and Thrive Pilates - instagram ppyyogathrive
- ❖ Focus Barre and Yoga
- ❖ Rebel Yoga - Instagram Rebelyogastudio - post full classes on story for 24 hrs

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