

March 18, 2020



COPING WITH STRESS DURING THE COVID-19 OUTBREAK



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people (by phone) you trust can help.



Be aware that not everything you hear about the virus may be true.

Use trusted sources like WHO, RIVM and the Red Cross.



Limit worry and agitation by lessening the time you spend following media coverage that you perceive as upsetting.

Look for distraction.



Draw on skills you have used in the past that help you manage your emotions.

Use those skills in a positive way.



If you must stay at home make sure your daily routine includes a healthy diet, sleep, exercise and social contact (by phone).

A healthy lifestyle is key.



Deal with any emotions you may have in a healthy way. Look for professional help if you feel like you need it.

Stick to your routines.

The Red Cross is always nearby. Check rodekruis.nl or call the Red Cross Aid phone at +31(0)70-44 55 888.

SOURCE: GEBASEERD OP WHO