



TIPS MANAGING ANXIETY DURING COVID 19

What is Anxiety?

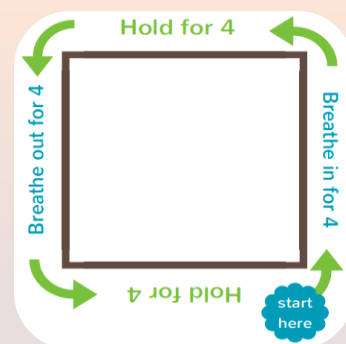
The American Psychological Association describes Anxiety as an emotion characterized by feelings of tension, worried thoughts and physical changes. People experiencing anxiety usually have recurring intrusive thoughts, worries or concerns. It may also have physical manifestations such as sweating, trembling, dizziness and/or a rapid heartbeat.

Decrease Anxiety With These Breathing Exercises

When people feel anxious or tense, they "breathe tense" taking only shallow breaths. The coronavirus has increased everyone's tension and anxiety. To decrease anxiety Dr. John Sharp, Professor of Psychiatry at Harvard School of Medicine recommends an exercise called Square Breathing.

Square Breathing

Visualize your breath traveling along a square, breathing in, holding your breath, breathing out. This is a good exercise for adults and children and should be done six times a day or more often as needed. To make the exercise more fun with a child have your child draw the square on a piece of paper and decorate it with the instructions. You can practice together every day. And of course, you can use any time during the day that you are anxious.



"Talk" Your Anxiety Down

The coronavirus has caused tremendous stress and anxiety for everyone. But for people who already have an anxiety disorder the virus has increased their anxiety to extremely distressing levels. Dr. John Sharp, Professor of Psychiatry at Harvard School of Medicine emphasizes that people can manage their anxiety with self-care, self-guidance and positive self-talk. Throughout your day, and in particular when you are feeling anxious, repeat these statements.

- I have the internal resources to manage my anxiety.
- I have external resources to help me with my anxiety.
- I can manage this.
- I will practice techniques that have helped me in the past.

RESOURCES

- Nassau County Helpline 516-227-8255 (227TALK)
- Download Nassau CARES App
- Long Island Crisis Center Senior Helpline 516-679-0000
- Long Island Crisis Center Middle Earth 516-679-1111
- Crisistextline.org (text HOME to 741741 to connect with a counselor)
- NYS COVID-19 Emotional Support Helpline 1-844-863-9314

