

COPING WITH COVID-19

16 TIPS TO REDUCE ANXIETY



Focus on what you can control – including your thoughts, behaviors.



Use reputable sources of news, avoid speculation and rumors.



Maintain a healthy diet and exercise routines to help your mental health.



Remember that you are resilient, and so is humankind. We will get through this.



Model peaceful behavior for those around you.



Spend time in nature while adhering to social distancing guidelines.



Do what you can to reduce your risk; take comfort that you are caring for yourself and others.



Don't let fear influence your decisions, such as hoarding supplies.



Reflect on your reactions. Avoid triggers that increase your anxiety.



Use technology to connect with others frequently.



Be gentle with yourself and others.



Practice meditation, yoga, or other mind-body techniques. Find apps or online videos.



Write down three things you are grateful for today.



Create a regular routine, especially for children and work from home.



Reach out if you need to talk. There are hotlines and warmlines that can help!



Limit exposure to news or social media updates.

Help stop
the spread
of COVID-19



For more information, visit
mn.health.gov
Dakota County Hotline:
952-891-7834

Dakota
COUNTY