

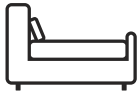
# STRESS AND ANXIETY MANAGEMENT FOR COMMUNITY HEALTH WORKERS DURING CORONAVIRUS

The outbreak of coronavirus disease 2019 (COVID-19) may cause stress, fear, or anxiety for people and communities. If you are a community health worker making home visits during the outbreak, this can take an emotional toll. It is normal for you to feel this way. Know the signs of stress and anxiety and how to relieve them. Know when to get help.

## KNOW THE SIGNS OF STRESS AND ANXIETY



Community health workers may observe increased fear, depression, anger, difficulty concentrating, or making decisions. These changes can interfere with their ability to take care of themselves, family, or community.



Stress and anxiety can cause changes in sleep or eating patterns.



The added stress of a disease outbreak may lead to use or increased use of drugs, alcohol, or commercial tobacco. If you find you are increasing substance use, reach out for help.

## HOW TO COPE



Stay in contact with family and friends while keeping a safe physical distance. Take care of yourself and each other, and know when and how to seek help.



Take breaks from the news. Instead, listen to your favorite music or read a book.



Photo: Ed Cunicelli



Create a list of personal self-care activities that you enjoy such as exercising, meditating, singing a traditional song, praying, or connecting with nature. Take deep breaths or stretch.



Use your time off to relax—eat healthy and well-balanced meals and drink plenty of fluids.



Connect with others and keep healthy relationships. Share with a co-worker, friend, or family member, through phone or video chat, concerns and how you are feeling.



Maintain a sense of hope and positive thinking and remember that these strong feelings of stress and anxiety will fade.

Ask for help if you feel overwhelmed or concerned that COVID-19 is affecting your ability to take care of yourself and others as you did before. SAMHSA's Disaster Distress Helpline is available 24/7 for free crisis counseling. [1-800-985-5990](tel:1-800-985-5990) (English and Español) or TEXT: "TalkWithUs" to 66746. If you are ready to quit smoking, call [1-800-784-8669](tel:1-800-784-8669).



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