

Advice on Stress and Coping from the Centers for Disease Control

Older people are at higher risk for severe illness from COVID-19 which may result in increased stress during a crisis. Fear and anxiety about the COVID-19 pandemic can be overwhelming and cause strong emotions.

THINGS YOU CAN DO TO SUPPORT YOURSELF:

- **Take breaks from watching, reading, or listening to news stories and social media.** Hearing about the pandemic repeatedly can be upsetting.
- **Take care of your body.** Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling.
- **Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.**
- **If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call 911.**

Other Resources for Support or Helplines:

- Bucks County COVID-19 Behavioral Health Helpline: 215-399-5681. Available Monday Through Friday 8:30 AM-4:30 PM.
- Center for Disease Control and Prevention and Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517).