Your emotional well-being is a key factor in helping your physical recovery from COVID-19.  Using effective coping strategies for managing stress during your recovery will support your health, and reduce or prevent symptoms of anxiety or depression.

The following pages have information on:

* What to expect
* Tips and advice for coping
* Recovering from COVID-19
* Online Resources for Coping with a COVID-19 Diagnosis, Isolation and Quarantine

**What to Expect:** While your response may be unique given your specific situation, most people experience common reactions to a COVID-19 diagnosis and subsequent isolation and/or quarantine. These emotional reactions often include anxiety, worry, or sadness related to:

* Your health status and the health of others around you
* Resentment from others if they need to go into quarantine
* Disruption from work and the potential loss of income or job security
* Increased challenges around common activities, such as getting groceries
* Being able to care for your children or other family members
* Uncertainty or frustration over not knowing the outcome or how long your illness will last
* Loneliness from feeling cut off from the world and from loved ones
* Anger if you think you were exposed to the disease because of others’ negligence
* Boredom over not being able to work or engage in regular day-to-day activities
* A desire to use alcohol or drugs to cope
* Symptoms of depression, such as feelings of hopelessness, changes in appetite, or sleeping too little or too much

While you recover*,****seek additional help from your physician if you experience***:

* Feelings of worthlessness, hopelessness or guilt that last more than several days
* Changes in your appetite/weight that aren’t related to your illness
* Persistent insomnia or sleep difficulties
* Trouble concentrating or remembering things
* Persistent fears or panicky feelings that interrupt your daily life or functioning
* Thoughts of hurting yourself
* Worsening of chronic health problems
* Worsening of mental health conditions
* Increased use of tobacco, and/or alcohol and other substances

**Tips and Advice for Coping:** During quarantine for COVID-19, there are some ways to keep anxiety and sadness from complicating your recovery:

* **Focus on what you can know and control**.  Instead of focusing your mind on uncertainty, regret or what-ifs, create a daily routine that includes activities that support your health and sense of confidence/enjoyment.  You should focus on taking care of yourself; get well and avoid spreading the infection to anyone else.
* **“Chunk" your quarantine, take it moment by moment.** Focus on whatever bite-sized piece of your routine that feels manageable. Take each chunk one at a time, including worries, and focus on managing stress in smaller pieces.
* **Dress for the social life you want, not the social life you have.** Get showered and dressed in comfortable clothes, wash your face, brush your teeth. Take the time to do a bath or a facial. Put on some bright colors.
* **Engage your social support network.**Being socially isolated negatively impacts your physical and emotional health. Ask loved ones to check in on you regularly via phone, email or video chat. Talk to them about how you are feeling. If you are worried about taking care of children, pets or household duties while you are sick, identify family members, friends or members of your community who might safely help.
* **Focus on healthy living.**Eat well, stay hydrated.  Feed your body nutritious food (over comfort food) when your appetite allows, and stay hydrated.  Make sure you are sleeping enough and keep a regular sleep schedule.
* **Practice activities that help you become calm and resilient.**  There are many relaxation techniques, Mindfulness Meditation, gentle yoga, and thought-changing (CBT) interventions that support emotional and physical well-being.  Resources related to these approaches are available online or from qualified Behavioral Health providers.
* **Do activities you enjoy and find relaxing.**  Puzzles, books and crossword puzzles can help keep your mind occupied and reduce excessive thoughts.
* **Keep a “gratitude journal”**of positive daily experiences has been shown in studies to support physical and emotional health.  Make the conscious decision to become happier and more grateful. Focus and elaborate on whom and what you’re grateful for, reflecting on the positives or successes you’ve experienced.
* **Step back from the news and social media.**  All the chatter online can make you feel even more upset and overwhelmed.  Instead, **notice the good in the world, the helpers.**
* **Connect with your community- or faith-based organizations**. While social distancing measures are in place, consider connecting online, through social platforms, or by phone or mail.  There are online support groups that offer help if you are experiencing anxiety, depression, substance abuse, or other personal concerns.
* **Remind yourself daily that this is temporary.** We will return to feeling free, safe, busy, and connected in the days ahead.
* **Find the lesson.** This whole crisis can seem sad, senseless, and at times, avoidable. Working through stressful or traumatic events has been found to be more successful when people find meaning or purpose from the experience. What will be the enduring lesson that will be useful in your life?

**Recovering from COVID-19**

While it can be stressful to be separated from others because of COVID-19, many people experience distress when they return to their “normal” life after a quarantine. Be prepared to respond positively if you experience:

* Mixed emotions, including relief
* Persistent fears or upsetting memories about your own health or your family’s health
* Stress from the experience of having COVID-19 and monitoring yourself, or being monitored by others
* Sadness, anger, or frustration because friends or loved ones have fears of getting the disease from you, even though you are cleared to be around others
* Guilt about not being able to perform normal personal, work or family duties while you had COVID-19
* Worry about getting sick again even though you have already had COVID-19

While these responses are often normal for a brief period of time after you finish quarantine, structure your reintegration into your personal, work, and family activities in a positive and proactive manner.  Allow time for continued attention to your physical and emotional well-being, and if there were helpful coping strategies or sources of support during your quarantine, continue to practice these activities on a regular basis.  ***Please seek help from your physician should your distress last more than a week or two, or if you feel so anxious or depressed your daily life or safety is affected.***

**Online Resources for Coping with a COVID-19 Diagnosis, Isolation and Quarantine**

* Tolerance for Uncertainty: A COVID-19 Workbook. A guide to accept your feelings, tolerate distress, and thrive: [www.childdevelop.ca/sites/default/files/files/Tolerance\_for\_Uncertainty\_Covid-19.pdf](http://www.childdevelop.ca/sites/default/files/files/Tolerance_for_Uncertainty_Covid-19.pdf)
* Free Guide To Living With Worry And Anxiety Amidst Global Uncertainty: [www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty](http://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty)
* From SAMSHA - Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak: [store.samhsa.gov/sites/default/files/SAMHSA\_Digital\_Download/PEP20-01-01-007\_2.pdf](https://store.samhsa.gov/sites/default/files/SAMHSA_Digital_Download/PEP20-01-01-007_2.pdf)
* The Cleveland Clinic: Coping With COVID-19: 6 Tips to Protect Your Mental Health When You’re Sick: [health.clevelandclinic.org/coping-with-covid-19-6-tips-to-protect-your-mental-health-when-youre-sick](https://health.clevelandclinic.org/coping-with-covid-19-6-tips-to-protect-your-mental-health-when-youre-sick)

Centers for Disease Control and Prevention

* Coping with stress: [www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html](http://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html)
* Alcohol and substance use: [www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/alcohol-use.html](http://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/alcohol-use.html)
* Quitting smoking support: www.cdc.gov/tobacco/quit\_smoking/index.htm

For Family members, children and teens:

* The Center for the Study of Traumatic Stress has Tips for Coping when Quarantined with COVID-19 Family Members: [www.cstsonline.org/assets/media/documents/CSTS\_FS\_Families\_%20Quarantined\_wAtHome\_COVID19\_Patients.pdf](http://www.cstsonline.org/assets/media/documents/CSTS_FS_Families_%20Quarantined_wAtHome_COVID19_Patients.pdf)
* From the University of Washington - How to Help Kids Cope During the Uncertainty of Coronavirus: [www.uwhealth.org/news/how-to-help-kids-cope-during-the-uncertainty-of-coronavirus/53271](http://www.uwhealth.org/news/how-to-help-kids-cope-during-the-uncertainty-of-coronavirus/53271)
* Helping Teens Manage COVID-19 Pandemic Challenges: [www.cstsonline.org/assets/media/documents/CSTS\_FS\_Helping\_Teens\_Manage\_COVID19\_Pandemic\_Challenges.pdf](http://www.cstsonline.org/assets/media/documents/CSTS_FS_Helping_Teens_Manage_COVID19_Pandemic_Challenges.pdf)
* Managing Family Conflict While Home During COVID-19: Intimate Partners: www.cstsonline.org/assets/media/documents/CSTS\_FS\_Managing\_Family\_Conflict\_While\_Home.pdf
* When Family Members are Hospitalized due to COVID-19: www.cstsonline.org/assets/media/documents/CSTS\_FS\_When\_Family\_Members\_are\_Hospitalized\_due\_to\_COVID19.pdf