

# CORONAVIRUS DISEASE 2019 (COVID-19)

## LOOKING AFTER YOUR WELLBEING

Dealing with COVID-19 pandemic can be very stressful.

### COVID-19 STRESSORS

**COVID-19 stressors can vary among people. Some include:**

- Dealing with a rapidly changing situation
- Fear of sickness and isolation
- The need to take precautions - stay home, work from home, practise physical distancing, etc
- Loneliness
- Loss of income
- Shortage of essential items



### STRESS SYMPTOMS

#### Physical symptoms:



- Tense or aching muscles
- Headache
- Sleep disturbances
- Digestive disturbance - nausea, constipation or lack of appetite
- Rapid heartbeat

#### Emotional symptoms:



Lack of concentration



Nervousness or anxiety



Increased anger or aggression



Irritability



Sadness

### COPING WITH STRESS DURING COVID-19

#### Things you can do to reduce stress:

- Take breaks from listening to, watching or reading about COVID-19, including checking social media.
- Focus on the facts of COVID-19 and understand the risk to yourself and those you care about.
- Separate facts from rumours. Gather information from reliable sources.
- Keep yourself in the best possible health. Sleep well, eat healthy, and be physically active.
- Practise positive thinking.
- Plan your day, prioritise tasks. Feel good about the decisions you make.
- Engage in activities you enjoy - keep yourself stimulated and entertained.
- Talk to people you trust, share your concerns and feelings.



**If stress continues to hamper your daily activities, talk to a doctor.**

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