# Coronavirus Disease 2019 (COVID-19) Looking After Your Wellbeing

## 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 social distancing, etc
- Loneliness
- Loss of income
- Shortage of essential items

## Stress Symptoms

<table>
<thead>
<tr>
<th>Physical symptoms:</th>
<th>Emotional symptoms:</th>
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</thead>
<tbody>
<tr>
<td>Tense or aching muscles</td>
<td>Increased anger or aggression</td>
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<tr>
<td>Headache</td>
<td>Lack of concentration</td>
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<tr>
<td>Sleep disturbances</td>
<td>Irritability</td>
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<tr>
<td>Digestive disturbance - nausea, constipation or lack of appetite</td>
<td>Nervousness or anxiety</td>
</tr>
<tr>
<td>Rapid heartbeat</td>
<td>Sadness</td>
</tr>
</tbody>
</table>

## 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.

This infographic has been developed for educational purposes only and is correct at the time of publication. It is not a substitute for professional medical advice. Should you have any questions or concerns about any topic in the infographic, please consult your medical professional.

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