

PATIENT EDUCATION HANDOUT

How to Identify and Handle Stress During COVID-19

Tania Ghazarian, OMS-III

Ronald Januchowski, DO, FACP, Editor • Paula Gregory, DO, MBA, CHCQM, FAIHQ, FACP, Health Literacy Editor

For many, the COVID-19 pandemic has disrupted their normal daily routines and created new challenges to maintain social support. The combination of these life changes during a global pandemic has fueled feelings of stress.

HOW TO IDENTIFY STRESS

It is important to self-monitor and identify signs of increased stress levels in yourself and those around you. These signs commonly present as: constantly worrying about your health or the health of your loved ones, reporting changes in sleep or eating patterns, routinely feeling overwhelmed, worsening of chronic health issues, worsening of mental health conditions, increasing substance use and having difficulty sleeping or concentrating. There are many additional signs of stress, and it is important to be monitor changes in one's own behavior.

HOW TO HANDLE STRESS WITH COVID-19

Handling stress is a daily challenge that may be customized for each individual. Some steps to deal with stress during the COVID-19 pandemic include connecting with loved ones through video calls or phone calls, staying informed with accurate and reliable information, limiting screen time and maintaining a healthy lifestyle with diet and exercise. It is important to try different coping mechanisms and identify which approach works best for you.

WHEN TO CONTACT YOUR OSTEOPATHIC FAMILY PHYSICIAN

Please contact your osteopathic family physician if your stress level is interfering with your daily life activities or if coping mechanisms are proven unsuccessful.

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