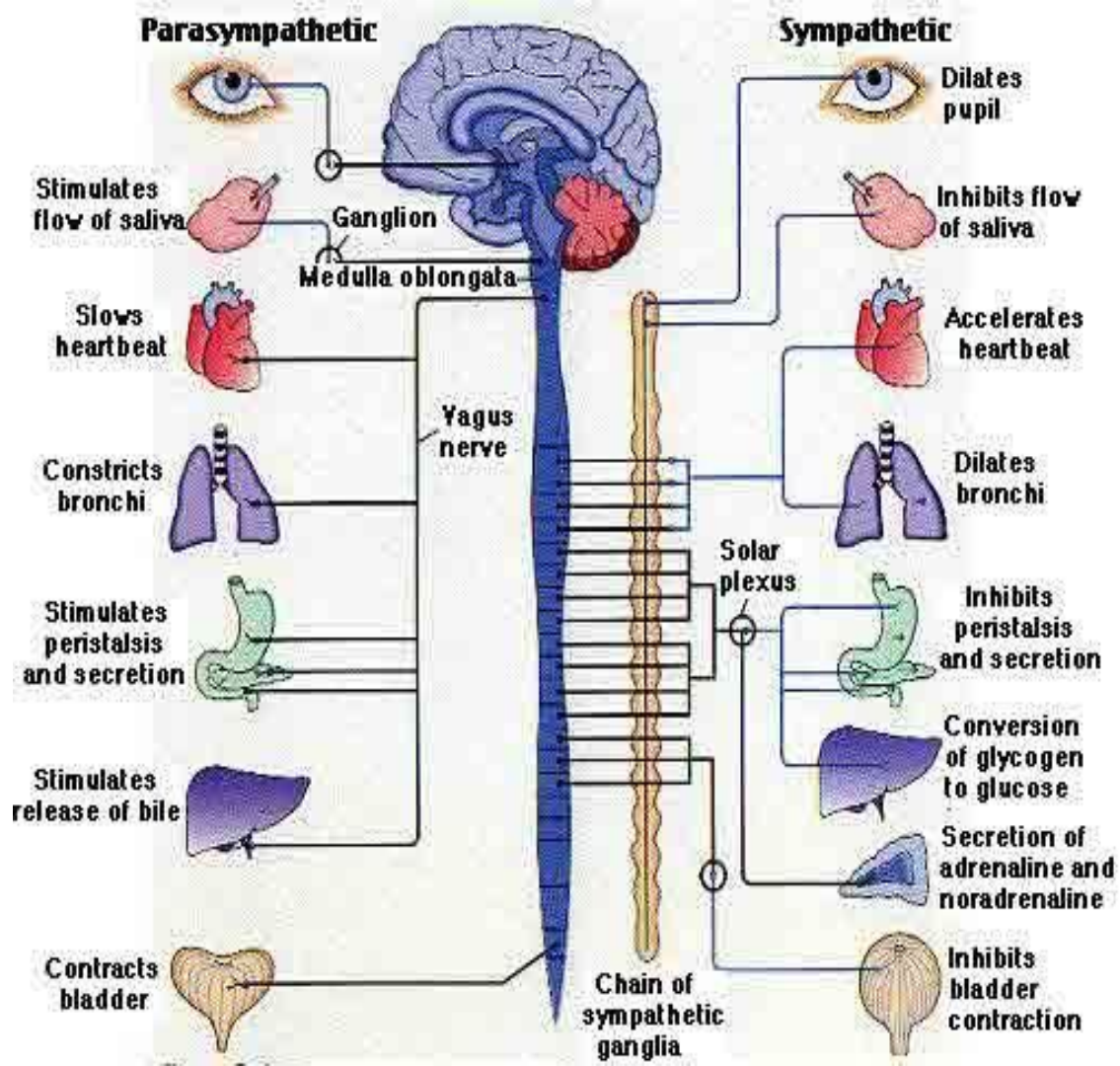


HOW TO MANAGE YOUR ANXIETY DURING A PANDEMIC

By Danny Zamir, Psy.D.

THE ANXIETY RESPONSE

- Evolved mechanism
- Similar to pain
- Panic versus worry
- Excessive activation



TOOLS FOR MANAGING ANXIETY DURING A PANDEMIC

- 1: Practice physical distancing, not social distancing
- 2: Be intentional about your media intake
- 3: Get daily physical activity
- 4: Stay present focused
- 5: Know when to seek professional support
- 6: Practice relaxation frequently

PRACTICE PHYSICAL DISTANCING, NOT SOCIAL DISTANCING

- Find creative ways to connect with loved ones
- Reach out to old friends
- Social support lowers heart rate, blood pressure, and stress hormones such as cortisol (Ozbay et al., 2007)
- Goldilocks Zone



BE INTENTIONAL ABOUT YOUR MEDIA INTAKE

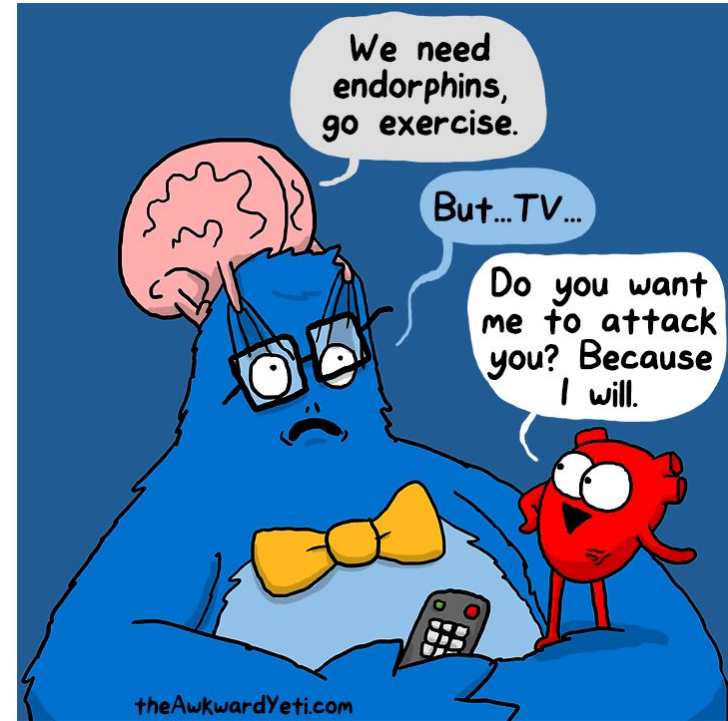
-Quantity

-Quality



GET DAILY PHYSICAL ACTIVITY

- Exercise releases endorphins
- Improved mood, sleep, and self-esteem
- Decreased muscle tension
- Outside versus inside
- Motivation and SMART goal setting
- Accountability: PEP program

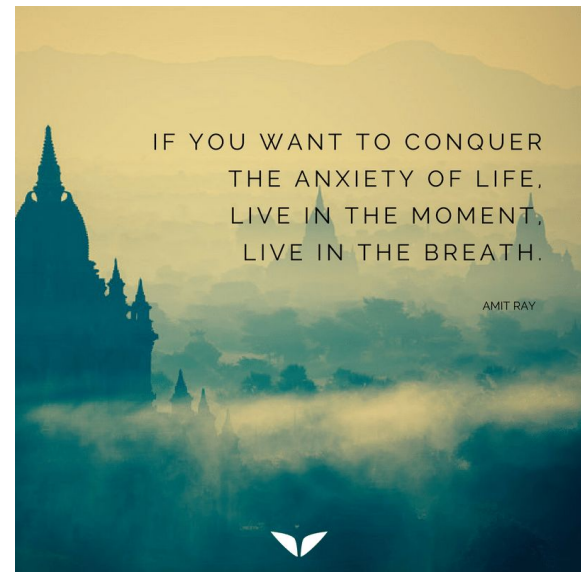


STAY PRESENT FOCUSED

- High degree of uncertainty
- Catastrophic thinking
- Take reasonable actions to protect yourself
- Plan for the future as much as you NEED to
- Come back to now
- Mindfulness

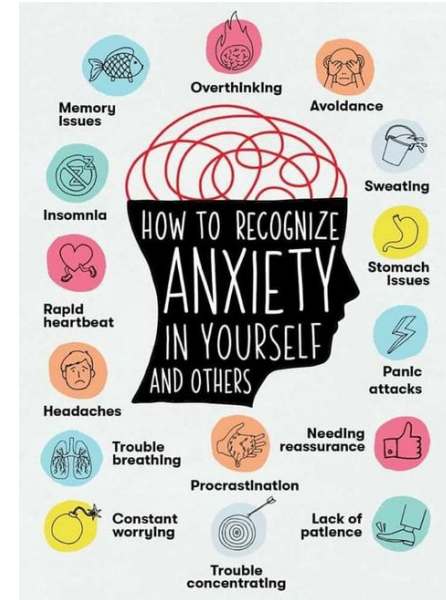
Palousemindfulness.com

UCLA Mindful Awareness Research Center



KNOW WHEN TO SEEK PROFESSIONAL SUPPORT

- Interference in daily life
- Significantly impacting quality of life
- Insomnia
- Panic attacks
- Generalist versus specialist
- Telehealth appointments available and effective



PRACTICE RELAXATION FREQUENTLY

- Physiological activation mostly involuntary
- Manual override
- Progressive Muscle Relaxation
- 4-7-8 breathing
- Remember that it won't last forever (nothing does)

NOT EVERYTHING
IS CANCELLED

sunshine is not cancelled
spring is not cancelled
love is not cancelled
relationships are not cancelled
reading is not cancelled
naps are not cancelled
devotion is not cancelled
music is not cancelled
dancing is not cancelled
imagination is not cancelled
kindness is not cancelled
conversations are not cancelled
hope is not cancelled



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