

Managing Anxiety related to COVID-19

Many are feeling worry, stress and anxiety related to the novel corona virus, COVID-19, including tension between work and personal demands.

Strategies for Decreasing Anxiety

Get the facts. Find a credible source you can trust, such as the [Centers for Disease Control and Prevention](#) (CDC) and the [Virginia Department of Health](#) (VDH). You can also find up to date information on the UVA Health website ([uvahealth.com](#)).

Limit your exposure to the news. Set a reasonable time (e.g., 30 minutes, twice per day) and limit time to watch or read the news. Avoid exposure to news before bedtime.

Stay connected. While “social distancing,” remain connected with others through your phone, video chats, texts, and social media.

Engage in self-care & focus on activities you find meaningful. Engage in healthy habits that decrease anxiety, such as spending time outdoors, reading, exercising, cooking, listening to music, creating art, watching a favorite show or movie, practicing relaxation techniques, and getting enough sleep.

Deep breathing. There are lots of ways to do this! One easy strategy: 1) Breathe in for 4 seconds. 2) Hold for 4 seconds. 3) Breathe out for 4 seconds. 4) Wait 4 seconds. Repeat.

Focus on what you can control. Follow CDC recommendations for hand-washing and social distancing. Create a plan for what you will do if you are exposed or begin to feel sick. If you feel sick, call your UVA clinic or VDH hotline during the day at 434.972.6261 for screening and guidance on next steps. After hours, call UVA at 434.924.0000.

Remember that worry is normal. During times of uncertainty, it is normal to feel fear, anxiety, anger, and helplessness. If your emotions are interfering with your ability to perform your job or interact with others, contact the UVA Behavioral Health Resources listed below.

UVA Emotional and Behavioral Health Resources

Academic & Medical Center Faculty and Staff:

Contact the [Faculty Employee Assistance Program](#) (FEAP),
with expanded services provided by the UVA Behavioral Medicine Center.

FEAP 434.243.2643

UVA Behavioral Medicine Center & Faculty Employee Assistance Program