



Does COVID-19 have you worried? Me too.

Personal support to help manage anxiety in a global climate of uncertainty.

SIGNS WE ARE STRESSED?

PHYSICAL REACTIONS

- Low energy
- Increased heart rate
- Muscle aches or pain
- Loss of appetite
- Headaches
- Upset stomach
- Poor sleep

EMOTIONAL REACTIONS

- Excessive worry
- Irritability or anger
- Strong feelings that will not pass
- Tearful
- Loss of interest in things you once enjoyed
- Pulling away from loved ones

BEHAVIORAL REACTIONS

- Increased use of tobacco, alcohol, or drugs
- Blaming others
- Ignoring public health recommendations
- Use of food, gambling, video games, or TV to numb or avoid

COGNITIVE REACTIONS

- Difficulty paying attention
- Forgetfulness
- Racing thoughts
- Trouble focusing
- Inability to find words while you speak

What Helps?

- Naming our emotions and admitting we feel out of control
- Talking to others about how we feel
- Taking long breaks from social media and the news
- Learning what triggers our stress response and avoiding it
- Being of use and service to others
- Eating healthy and exercising daily

What Doesn't Help?

- Trying to avoid thinking about and talking about current events at all
- Smoking, drinking, eating, gambling, or using substances as a means to cope
- Becoming attached to the idea that this crisis is insurmountable
- Isolating and avoiding friends, family, and activities
- Over engaging in news outlets and social media

AiRCare IS HERE FOR YOU



- ▶ Immediate Access.**
AiRCare clinicians are here for you seven days a week during this uncertain time.



- ▶ Convenient.**
Provide you with the personalized support you need when you need it.



- ▶ Confidential.**
Our clinical team is here to listen and support you during this tough time.

REACH OUT TODAY



Talk to a Clinician today:

Phone:
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