



## Feeling stressed about the coronavirus (COVID-19)? Your program is here to help.

As the coronavirus disease (COVID-19) spreads, and the media coverage continues to escalate, many people are anxious about the uncertainty of what is happening. You may be wondering if the virus will come to your community, how you can protect yourself and your family and how to prepare if the situation disrupts the normal course of daily life.

It is normal to feel anxious, unsettled, distracted, scared and/or overwhelmed by COVID-19. We don't know where it may spread. However, some people may be more vulnerable if they already have a health or generalized anxiety disorder. In either case, feeling stressed can affect your immune system and increase the risk of getting ill in general. That is why it is important to take steps to manage your anxiety and how you react to the situation, so you can keep yourself as safe as possible.

Here are a few things you can do to help yourself during the situation:

- 1. Seek health information from trusted resources** like the [U.S. Centers for Disease Control & Prevention \(CDC\)](#), [The World Health Organization](#) and your state health department website.
- 2. Plan ahead to feel more in control.** Go food shopping and make contingency plans for work, childcare or travel if they become necessary.
- 3. Take good care of yourself.** Wash your hands often, get plenty of rest, exercise, eat well, don't smoke and limit how much alcohol you drink.
- 4. Put things into perspective.** Most people who contract COVID-19 recover. Those who are at the greatest risk are seniors and people with existing health conditions. The virus is highly contagious and there is no known treatment yet, but public health officials are working to limit and contain the spread of it.
- 5. Stay informed, but don't overdo it.** The industry sometimes uses panic-inducing headlines that don't fully reflect a situation. If you do consume media, do so thoughtfully and with a critical eye.

If you find that you are having difficulty managing stress, help is available. If a household member is hypervigilant, obsessively reading about the crisis and worrying about the effects, remember you can call your program. We are available 24 hours a day, 7 days a week, all year long. Contact us and you can speak with a clinical professional. All services are free and confidential.

You can access your program website for ongoing information on how to maintain mental wellness during this outbreak. You can also engage with our Digital Cognitive Behavioral Therapy apps, including FearFighter® for anxiety, panic and phobia, and MoodCalmer® for depression.

Magellan Healthcare is here to provide you with compassionate and caring support and help you build your resilience so you can move forward with peace of mind.