

## Tips for managing Anxiety during covid-19

### **Stick to a routine or develop one**

**Exercise regularly**, try to get outside if you can, try to **eat [well-balanced meals](#)**, and **get plenty of sleep** by practicing [good sleep hygiene](#). Check out these following link for low-impact exercises that can be done at home.

[Go4Life from the National Institute on Aging  
Fitness Blender Total Body Chair Workout](#)

**Limit alcohol**, which can interrupt sleep patterns

**Practice breathing exercises** (Diaphragmatic/Circular/Abdominal breathing) **and other relaxation techniques** (visualization, deep muscle relaxation). VA has many [free mental health apps](#) that can be downloaded and utilized by anyone.

**Stay informed but take breaks from the news.** Give yourself a limited time (for example 5 mins a day) to peruse new sites, watching/listen to the news, etc.

**Stay connected with others while practicing social distancing.** This is a great time to develop relationships that you value and connect with people you might not otherwise have time to reach out to during the normal course of life through video or phone. If you do not have others you can reach out to try connecting virtually with a group that shares your interest through a Facebook group or [Meet Up](#). If you are a more experienced you can one of the lines below 24/7 to connect with a live person:

[Friendship Line](#) 1-800-971-0016

[Senior Loneliness Line](#) (Oregon) 1-800-273-8255 or 503-200-1633

**Participate in activities or hobbies** that you enjoy, **or learn a new one.**

[Mather Telephone Topics](#)

[Free Online College Courses](#)

[Virtual museum tours](#)

[The Louvre](#)

[San Diego Zoo animal cams](#)

[Metropolitan Opera nightly encore shows](#)

[LA Theater Works](#)

[Kennedy Center Digital Stage](#)

[Virtual tours of national parks](#)

**Create a [Gratitude journal](#).** Research has shown that having an attitude of gratitude has positive benefits emotionally, socially, for health and careers.

**Prayer and reading scripture**, develop your relationship with God, use videoconferencing with your faith community (check your faith community's website for information).

**Connect with behavioral health providers using telehealth options.**

Check with [Psychology Today](#) to find a therapist in your area who is offering telehealth services, but will also be available in person following the crisis. Keep your current mental health appointments. Check out [Psychology Talks](#) as a free resources to get advice from psychologist on topics like managing depression, resiliency, setting boundaries and relationships and parenting.