

September 2020

# **THE HIDDEN IMPACT OF COVID-19**

## **An increase in Anxiety**

### **Common reasons for anxiety include:**

- Personal finances
- Economic stability
- Job security
- Concern for loved ones
- Uncertainty about the future
- Lack of ability to plan ahead
- Worries about contracting the virus
- Stigma around testing positive
- Concerns around isolation and quarantine
- Loneliness
- Fear of breaking the lockdown syndrome

## **How to reduce anxiety during the pandemic:**

- Try to eat, drink and sleep properly
- Do some physical activity at least 3 times a week
- Maintain a good routine if you are working from home
- Reduce the time you spend reading about Covid-19
- Ignore fake news
- Stay in touch with friends and family. If you cannot see them organise calls, Zoom sessions or video calls.
- Be kind to yourself and others
- Focus on what you can control. You can wear a mask, wash your hands, keep your distance
- Help others, it is good for your anxiety
- Keep your perspective...this too will pass.
- Remember you are not alone...this has affected the world

**Most importantly if you are feeling overwhelmed, get support  
Reach out to family and friends.**

**Contact your doctor or a psychologist for counselling**