COPING WITH STRESS DURING COVID-19

Experiencing stress during the COVID-19 public health emergency is understandable. When stressed, most people experience different signs and symptoms. Stress can affect how people feel, think and act. Being aware of how stress may affect you and using stress management strategies can help you cope.

Common Signs and Symptoms of Stress

**PHYSICAL:** Fatigue, headaches, rapid heartbeat and worsening of pre-existing conditions

**EMOTIONAL:** Feelings of sadness, despair, anxiety, anger and irritability

**BEHAVIORAL:** Not acting like oneself, experiencing restlessness, being argumentative and experiencing changes in eating, sleeping and substance use

**MENTAL:** Confusion, forgetfulness and difficulty concentrating or making decisions

Ways to Cope with Stress

- Take care of your physical health
- Connect with loved ones and your community
- Acknowledge how you are feeling
- Maintain daily routines
- Do something that brings you joy or helps you relax
- Remind yourself of your strengths
- Limit your screen time

Ways to Cope with Stress and Substance Use

- Monitor changes in substance and alcohol use
- Avoid using alone or mixing substances, and always have naloxone on hand

Talking to someone may help. Reach out to a friend, family member, faith leader, counselor or support group.

NYC Well is a free, confidential helpline staffed by trained counselors who can provide brief counseling and referrals to care in over 200 languages, including mental health and substance use support services.

Call **888-NYC-WELL** (888-692-9355), text **WELL** to **65173**, or visit [nyc.gov/nycwell](http://nyc.gov/nycwell) to chat online.

FOR MORE INFORMATION:

For financial assistance or food assistance, call **311** or visit [nyc.gov/311](http://nyc.gov/311). For resources by ZIP code, visit [nyc.gov/health](http://nyc.gov/health) and search COVID community services.


The NYC Health Department may change recommendations as the situation evolves. 1.27.21