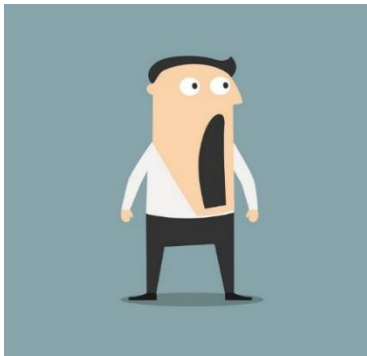




COVID-19 UPDATES

Managing Stress Reactions

Common Stress Reactions



- Anxiety, worry or panic
- Restlessness or agitation
- Feeling stressed or overwhelmed
- Hyper-vigilance to our health and body
- Difficulty concentrating or sleeping
- Feeling disconnected from others
- Recurrent negative thoughts

Strategies to cope with stress, anxiety or distress

When many things feel uncertain, one of the effective ways to manage stress is to **focus on the actions that are in our control**. Here are some ways to look after your physical and emotional wellbeing during this time:



Acknowledge your thoughts and feelings and talk about them with others for support.



Stay connected through technology (e.g., call or video chat with friends and family).



Set limits around news and social media by scheduling a specific time to check them. When you have an urge to check for updates, pause and delay it.



Develop new routines that you can do at home (e.g., read a book, pick up cooking, listen to podcasts).



Instead of focusing on negative thoughts, shift your thinking to something more helpful by asking yourself the following questions:

- What strategies have helped me cope with challenging situations in the past that I can use now?
- What is a small helpful action that I can take now?

Operational Psychology Branch

If you require additional support, please contact us at 65469500 or PRIS_MR@PRIS.GOV.SG



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