



COVID-19: STRESS MANAGEMENT

The COVID-19 pandemic has produced a great deal of unwanted stress for many individuals. Some individuals struggle with fear and anxiety about the possibility of contracting the disease, along with financial uncertainty related to job security and if everyday expenses can be met. These concerns and many others can lead to chronic stress resulting in serious health conditions, such as high blood pressure, heart disease, depression, sleep disorders, and eating disorders.

The following are tips or recommendations, and are not meant to be an all-inclusive list for stress management.

Mental Health:

- Stay positive and only worry about things you can control. Control frustration, anger, and avoid becoming defensive.
- Periodically step away from stressful and overwhelming situations (work, bills, arguments, etc.). Make time for personal interests and activities that stimulate a relaxing feeling.
- Incorporate meditation and mindful prayer into a daily routine to relax the body and mind. Mindfulness can help to release both mental and physical stresses. Live in the moment and appreciate things and people around you.
- Avoid making little issues, stressful problems. Keep things in perspective.
- Release tension and stress by smiling and with daily laughter.



Physical Health:

- Daily exercise routines promote a healthy lifestyle. Physical activity helps to release stress from the body and benefits one's mind.
- Avoid the use of drugs and alcohol for stress management. Identify an activity or personal interest to replace drug and alcohol use.
- Eat healthy foods and well-balanced meals.
- Get proper rest and sleep. Your body needs time to recover from stressful situations. Adequate sleep is a necessity for coping with stress.

Questions? Contact BNPLossControl@berkleypac.com



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[Additional Stress Management Techniques:](#)

- Stay focused on goals and tasks. Set short-term achievable goals for positive outcomes and personal accomplishment.
- Be organized with effective time management. Do not add stress by overextending yourself. Learn to say no and turn down projects.
- Relax by listening to music.
- Seek counseling from a health professional for other stress management techniques.
- Spend time with people you enjoy.
- Limit time watching news and reading about current events.

[Resources:](#)

[Coping with Stress](#)

[Stress Management](#)



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