Tips for patients and families
Practical ways to manage Covid-19 anxiety and stress

- Relax your body often by doing things that work for you. Take deep breaths, stretch, meditate or pray, or engage in activities you enjoy.

- Pace yourself. Do something fun between stressful activities or after a hard task.

- Maintain a sense of hope and positive thinking. Consider keeping a journal where you write down things you are grateful for or that are going well.

- Limit the amount of content you consume about COVID-19.
  - While this is a critical time to stay informed, be mindful of the amount of time you spend on the Internet or watching the news.
  - Be sure you are getting your information from reliable source.
  - Look for “rainbow” stories—signs of hope and acts of kindness.

- Maintain communication with peers, family and friends on a regular basis. Since social distancing is key in our ability to get through this pandemic, socialize virtually.
  - Use Facetime or Zoom to create happy hours or mini-reunions.
  - And don’t forget about family members who aren’t tech savvy; an old-fashioned phone call can also do the trick.

- Take care of your body. You might not be able to go to the gym at the moment, but that doesn’t mean you can’t exercise.
  - Take walks, sign up for an online class or create a daily challenge for yourself. This is a great way to de-stress and maintain your health.
  - It’s also important to be mindful of your eating habits. Try to eat healthy, well-balanced meals, drink plenty of water, get your rest, and avoid alcohol and drugs.

- Take care of your mind and spirit. The anxiety and stress you’re likely experiencing is completely understandable and a normal reaction to the current state of the world. Now, more than ever, it is important to be proactive about your mental health.
  - Talk about your experiences and feelings to loved ones and friends, if you find it helpful.
  - Give yourself grace. Balancing work, family and health challenges is difficult right now. It’s ok to give yourself – and others – a break.

IU Health Resources

- Spiritual care for you or your loved ones. The IU Health Chaplaincy team offers care at the moment it is needed, with sensitivity to the many faith traditions of those we serve. You or your family may call 317.962.8612. A chaplain monitors this line 24/7.
  - Patients, their loved ones, and team members can request a chaplain to visit a patient or provide spiritual support on site by calling the facility’s chaplaincy office, or after hours, the hospital’s operator. Chaplains are available 24/7; virtual options are also available.

- Watch or meditate with the C.A.R.E. Channel. Reduce anxiety and stress with calming scenery and sounds. Stream on your personal device by visiting stream.carechannel.net and then entering code care3838.