

# 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.
- **Watch or meditate with the C.A.R.E. Channel.** Reduce anxiety and stress with calming scenery and sounds.
  - Stream the C.A.R.E. Channel on your personal device by visiting [stream.carechannel.net](https://stream.carechannel.net) and then entering code **care3838**.
  - A webpage dedicated to COVID-19 is available at [healinghealth.com/covid-resources/](https://healinghealth.com/covid-resources/) with resources and mini-meditations for you to use or share with anyone who needs it.

