Stress and COVID-19

Some of us are experiencing more symptoms of stress as the COVID-19 situation goes on. Being able to recognize common stress symptoms can help you manage them. Stress can affect your body, mood, and behavior and how you feel can change moment to moment.

Common effects of stress:

On your body	On your mood	On your behavior
Headache	Anxiety	Overeating or undereating
Muscle tension or pain	Restlessness	Angry outbursts
Chest pain***	Lack of motivation or focus	Drug or alcohol misuse
Fatigue	Feeling overwhelmed	Tobacco use
Sleep problems	Irritability or anger	Social withdrawal
Stomach upset	Sadness or depression	Exercising less often

***If you experience chest pain, please contact your physician immediately to determine if medical assessment and/or care is indicated.

Act to manage your stress:

If you have stress symptoms, taking steps to manage your stress can have many health benefits. Explore stress management strategies such as:

- Get regular physical activity
- Drink plenty of water; water will help flush out the stress chemicals
- Talk to people you trust; talk is very healing and helps alleviate stress
- Practice relaxation techniques such as deep breathing, meditation, or yoga
- Keep a sense of humor
- Stay in touch with family and friends
- Enjoy hobbies such as reading or listening to music

During the COVID-19 situation, other strategies that can help include:

- Establish a routine for the day, get up at the same time every day, "get ready" for the day, have meals on a schedule, adding some exercise
- Try to maintain a regular sleep schedule
- Find trusted news sources and be sure to give yourself time away from the news

If you are struggling with the stress, there are many ways you can get help.

crisisservices
this moment forward

24 Hour Crisis Hotline for Adults
Buffalo and Erie County
716-834-3131

24 Hour Addiction Hotline
Buffalo and Erie County
716-831-7007

SpectrumHealth
& Human Services

Spectrum C.A.R.E.S. Team helps
families and children in crisis
716-882-4357

Feeling overwhelmed about COVID-19?
Struggling with isolation?
It's okay to not be okay.
If you are overwhelmed with COVID-19
you are not alone.
People are standing by to talk with you.

**New York State
COVID-19 EMOTIONAL SUPPORT HELPLINE
1-844-863-9314**
8 AM – 10 PM, 7 days a week

The Erie County Department of Mental Health has compiled more information and services at http://www2.erie.gov/mentalhealth/ and click on COVID-19 Resources button.