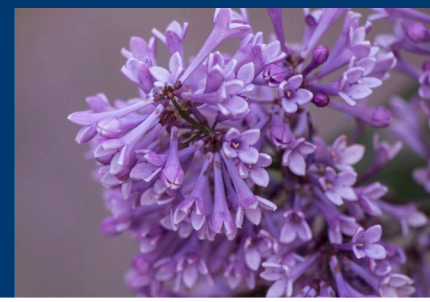


How to Decrease Anxiety During a Pandemic



BREATHE

- Breathe in for 5, hold for 1, breathe out for 10
- The slow exhale tricks the brain into relaxing the body

PROGRESSIVE RELAXATION

- Tense a group of muscles as you breathe in, relax them as you breathe out
- Do in an order (top to bottom, bottom to top, your choice)

FIVE SENSES ACTIVITY (GROUNDING)—this is a great way to stop a panic attack

- Notice 5 things you can SEE
- Notice 5 things you can FEEL
- Notice 5 things you can HEAR
- Notice 5 things you can SMELL
- Notice 5 things you can TASTE

DO SOMETHING PRODUCTIVE

- Activity is a great distraction—start a new hobby, engage in meaningful and creative activities
- Do an activity which gives you satisfaction
- Examples: Clean something, organize items for donation, learn a craft, read, walk the dog, make a list of people to check in with

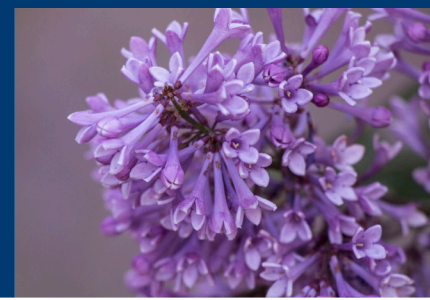
KEEP ON A SCHEDULE

- A schedule helps us feel more in control
- Put things on that are:
 - Solitary (reading, crafting, baking, self-care, learning, journaling)
 - Social (calling friends and family, checking in on social media)
 - Necessary (cleaning, cooking, laundry)
 - Physical (exercise—walking is GREAT exercise)
- Do not stay on news or social media sites for long periods of time
- Avoid too much input without a rest for your system
- Take breaks or switch activities
- Spend some time away from your phone
- Eat at regular meal times
- Keep a consistent bed time and sleep schedule

CONTROL WHAT IS YOURS TO CONTROL

- Remind yourself of what you are doing to help contain the spread
 - I am staying home, I am washing my hands and keeping an appropriate distance
 - I am not putting myself or those around me in danger
 - I am trusting the experts to do their jobs. EVERYONE wants this to be controlled and eradicated soon.
- I do not have to spend time dwelling on what is not mine to control

Helpful Mental Health Apps



Meditation/Mindfulness:

- Calm: Meditation and Sleep Stories (free)
- Headspace: Meditation (free)
- Stop, Breathe & Think (free)
- Relax Melodies: Sleep Sounds (free)
- Insight Timer: Meditation for Sleep and Anxiety (free)
- Buddhify: Mindful Meditation (\$4.99)
- Sleep & Noise Sounds (free)
- Take a Break! Meditations for Stress Relief (free)
- CBT iCoach (insomnia)
- The Mindfulness App (free)
- Breathe: 1 Minute Meditation (free)

Yoga:

- Down Dog: Great Yoga Anywhere (free)

Journaling:

- My Secret Diary (free)
- Daylio-Journal, Diary, Moods (free)

Positive Thinking/Stress Relief:

- Virtual Hope Box (free)
- Breathe2Relax (free)
- MoodTools: Depression Aid (free)
- MoodKit: Mood Improvement Tools (\$4.99)

Hotlines

- Alaska Careline (877)266-4357
- Suicide Hotline (800)273-8255
- Domestic Violence (800) 799-7233
- Crisis Textline—text CONNECT to 741741
- National Substance Abuse Helpline (800)662-HELP (4357)
- National Alliance on Mental Illness (NAMI) (800) 950-NAMI (6264)