

COVID-19 Tip #11

September 2020

Managing stress and anger — COVID-19

Being away from our regular routines and the people we love can be hard. Lost income, crowded living spaces, violence, fear, uncertainty, and living with depression or other mental health problems can make it even harder. We will be living with these difficulties for a long time as we adjust to COVID-19, so it is important to find ways to help us manage.

Take a minute to pause and reset

It's hard to believe, but stopping to relax for only 1 to 5 minutes can help you reset negative feelings and anger.

1. Sit comfortably, feet flat on the floor, hands resting in your lap. Close your eyes.
2. Ask yourself, "What am I thinking now?" Notice your thoughts, emotions, how your body feels.
3. Listen to your breath as it goes in and out. Put a hand on your stomach and feel it rise and fall with each breath. Tell yourself "It's okay. Whatever it is, I am okay." Continue to listen to your breath for a while and feel yourself become calmer.
4. Again, notice how your body feels.
5. Reflect on how you feel overall. Open your eyes and return to the situation, better able to cope.



Adapted from Managing Stress and Anger - Covid-19
Hesperian WikiSalud <https://es.hesperian.org>