



Brought to you by the Holy Family Health Ministry

Pandemics can be stressful

The coronavirus disease 2019 (COVID-19) pandemic may be stressful for people. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children. Public health actions, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety. However, these actions are necessary to reduce the spread of COVID-19. **Coping with stress in a healthy way will make you, the people you care about, and your community stronger.**

Stress during an infectious disease outbreak can sometimes cause the following:

- Fear and worry about your own health and the health of your loved ones, your financial situation or job, or loss of support services you rely on.
- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Worsening of chronic health problems.
- Worsening of mental health conditions.
- Increased use of tobacco, and/or alcohol and other substances.



PRAY



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Stress Free

B K M T E P H C U X B E V X U
S P J G R Z W O F A M Z T A D
N E V J F N Q N L W F R R Q K
E U L S L A V V H A T D E T L
B L W K N T L E V L X Z L E S
E C C H P U O R I K K M A L L
X B N T D R R S Z X H A X E E
E O Q A Q E M A O U S M A V E
R M E D I T A T E I I G T I P
C G M I I T Q I I O K S I S S
I H U S H D A O L V V M O I C
S O S W D R E N G J Y R N O G
E B I I E U L S A J O E R N I
T B C M T E P S P G S A P Y D
X Y Y T G G R Y Y V F D I S K

MUSIC
RELAXATION
MEDITATE
HOBBY
READ
NATURE
EXERCISE
SLEEP
TELEVISION
CONVERSATIONS
SWIM
WALK

COLOR ME

