

CBT TIPS FOR ADULTS MANAGING COVID-19 ANXIETY

- 1** You don't have to be tolerant of uncertainty, instead practice thinking and behavior as though you are. "If I was tolerant of not knowing what tomorrow will be like I would..."
- 2** Let yourself worry – in small bites. We're all worried, we're going to worry. Instead of spending energy resisting the worry, acknowledge and accept your worry and schedule brief worry times. Block out 10 minute periods of time to worry once or twice a day and then put it on an imaginary shelf to take back down when its time to worry again.
- 3** Similarly, block out and limit social media and news. Get your fill in the morning, afternoon, and evening and then shut it off. News will likely not change what you do, but it will make you worry more.
- 4** Fact check yourself. Confront your thoughts and feelings with the facts of what we know. If you feel yourself getting lost in fear, put those thoughts on trial and cross-examine them with evidence.
- 5** Interrupt your thoughts and feelings by engaging your nervous system through deep belly breaths. Let your body tell your mind how to feel. Deep breaths communicate relaxation and your thoughts will follow.