



Stress and Coping: the Outbreak of COVID-19

Tips for Teens

The outbreak of the Coronavirus Disease 2019 has been stressful for many people, including teens. The fear and anxiety can be overwhelming for many of us.

Be Aware of Signs that You Are Feeling Stressed:

- Increased impatience, irritation, anger, arguments, conflicts with family and friends.
- Increased anxiety, worrying, sadness.
- Feeling overwhelmed by intense emotions.
- Feeling unable to talk about your emotions.
- Difficulty paying attention and concentrating.
- Poor school performance, especially with the shelter-in-place.
- Avoiding activities you previously enjoyed.
- Unusual headaches, stomach aches, or other pain.
- Unhealthy eating or sleeping habits.
- Using alcohol, tobacco, or other drugs.
- If you were already struggling before the shelter-in-place order, the new stress of the current situation could make life even harder for you.

Take Care of Yourself:

- Take care of your physical health.
 - Eat a healthy diet.
 - Get enough sleep.
 - Exercise. Stay active.
 - If permitted, go outdoors – while remaining safe.
 - Wash your hands.
- Take breaks throughout the day.
- Connect with others.
 - Reach out to family, friends, neighbors.
 - Phone calls, texting, messaging, video chat.
- Get accurate information about the coronavirus.
- Avoid too much news and social media updates about the coronavirus.
- Find ways to help others:
 - Help your family at home, help neighbors, help people in need.
 - Post positive messages on social media.
- Ask for help and support.
 - From trusted adults, from trusted family and friends.
 - Contact the Contra Costa Crisis Center anytime, 24/7.
 - Call 2-1-1 or 1-800-833-2900 or text HOPE to 20121.

**For more information or for support for yourself or others 24/7:
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