

# Health & Wellness

## Take Control of You!

### Ideas to decrease health anxiety during the Covid-19 pandemic

- Be kind to yourself.
- Avoid health related news or at least decrease. Some people find it helpful to set a time to view and stick to the time. It's probably best to not review the anxiety producing stimuli close to your bedtime.
- Don't constantly use WebMD or Google symptoms. Even medical students can fall prey to attaching themselves to contracting the diseases they are studying.
- Constant engaging in social media may mean being inundated with recurring anxiety producing thoughts. All that is on social media is not accurate. Think about setting social media limits.
- If you have persistent thoughts that are increasing your anxiety counter the thoughts with factual statements. Just thinking something doesn't make it true.
- Engage in exercise. Walk or run outside or ride a bike.
- Practice breathing and grounding exercises. Meditation, sitting on the floor, changing the location of your doing work, yoga, aromatherapy, etc. can ease symptoms of anxiety. Take a moment to think about a favorite place you've visited and spending a moment visualizing the location.
- Communicate (over the phone, face time, etc.) with people that are supportive and encouraging.
- Allow a set time to worry. After the set time move on and do something else.
- Stick to a routine. Being flexible with our schedules and neglecting ourselves are two different things. As much as you can prioritize a regular sleeping and eating schedule. Engage in a productive activity.
- Do something you enjoy. Listen to music, cook something you like, take a bath, read a book, watch a comedy.
- Remember that this is temporary. Keep this in perspective.

