



Caring for Caregivers: Tips for Managing Stress During Coronavirus 2019 (COVID-19)

News of the Coronavirus 2019 (COVID-19) outbreak has been stressful to many, resulting in fear and anxiety, as well as changes in sleeping, eating, and/or concentrating. These reactions may be even more pronounced for healthcare employees whose duties involve responding to the outbreak.

Stress reactions to COVID-19 are normal. Things you can do to manage this stress include:

- Set limits on exposure to media coverage of COVID-19.
- Continue to engage in activities you enjoy, including hobbies and quiet time.
- Connect with family and friends, maintaining healthy relationships.
- Engage in health behaviors, with attention to nutrition, sleep, and exercise.
- Avoid destructive behaviors such as alcohol or drug use.
- Maintain a sense of hope and positive thinking.
- Be aware of your feelings, and ask for help if support is needed.

Cleveland Clinic's Caring for Caregivers program is available to offer support to caregivers experiencing stress during COVID-19. Caring for Caregivers offers expert, confidential, and free support during life's challenges.

