

COVID-19 (coronavirus):

6 Tips for Coping with the Stress



It's normal to feel sad, stressed, confused, scared or angry during a crisis. Talking to people you trust can help. Get in touch with your loved ones and connect with them.



Be aware that not everything being said about COVID-19 is accurate. Go to trusted sources like your state or local health department, the CDC or the World Health Organization.



Limit your stress and fear by reducing how much time you spend watching or reading the news or scrolling through social media, especially when you feel it's upsetting information.



Do things you've done in the past to help manage challenges and stress. Know that you've developed skills to manage your emotions and use them during this time, too.



If you're staying home, stay healthy by eating well, getting plenty of sleep, exercising regularly and having good social contact with loved ones by phone or video chat.



Deal with your emotions in a healthy way. Have a plan ready in case you do start to feel overwhelmed, and don't hesitate to talk to a counselor or therapist if you need to.

**Created for Mission Health by Jarrard Phillips Cate & Hancock, Inc.*

***Adapted from the International Federation of Red Cross; data from the World Health Organization*

Stress & Wellness Resources



Someone to Listen

Missouri

877-435-8411 24-hour hotline from Missouri DHSS and the CDC

800-985-5990 Text: "TalkWithUs" to 66746; Missouri Disaster Distress Helpline

National

800-273-8255 National Suicide Prevention Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.



Resources to Help

Missouri

MU Extension, Mental health resources and wellness tools at MU Extension Facebook, [#ShowMeStrongFarmFamilies](#)

Missouri Department of Agriculture, <https://agriculture.mo.gov/>

Missouri Department of Mental Health, <https://dmh.mo.gov/disaster-services/covid-19-information>

Missouri Department of Health & Senior Services, Resource Tool Kit, <https://health.mo.gov/living/healthcondiseases/communicable/novel-coronavirus/>

As a final reminder, MU Extension's web page is updated regularly with resources for farmers and ranchers found at <https://extension2.missouri.edu/covid-19-resources-public>

National:

AgriSafe – Mental Health and the Impact on Wellness, <https://agn.memberclicks.net/assets/docs/OSHAResources/Mental%20Health%20Resource.pdf>

CDC – Centers for Disease Control and Prevention – (COVID-19), <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/index.html>

CDC – Center for Disease Control and Prevention – Talking with children about coronavirus disease 2019, <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

CDC – Centers for Disease Control and Prevention / **NIOSH** Agricultural Health and Safety – <https://www.cdc.gov/niosh/oep/agctrhom.html>

National Center for Farmworker Health – English/Spanish COVID-19 materials, <http://www.ncfh.org/covid-19.html>

World Health Organization – Coping with stress during the 2019-nCoV outreach Infographic, https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_2



Stay Connected

Sanvello, free downloadable app that helps users manage stress, anxiety, and depression, <https://www.sanvello.com/>