

# Dealing with anxiety as we enter a new phase of COVID-19

People have been getting back to a “new normal” after COVID-19, which may make you feel anxious or worried. Here are some tips for lowering anxiety you may feel, and protecting yourself from COVID-19 as you’re around more people.



Feelings of anxiety and worry are normal. Learning to cope in a healthy way will help you become more resilient.



## Tips for managing anxiety around COVID-19:



### Take it one day at a time

Take it slow: start with something small like going to the grocery store instead of ordering online. Then, build up to more. Getting back to everything all at once can feel overwhelming.



### Practice mindfulness and gratitude

- Put aside time to unwind if you are feeling especially anxious. Try meditation to help you focus on the present and lower your stress levels.
- Here are a few meditation apps:



Insight  
Timer



UCLA Mindful



### Talk about your worries with people you trust

Chances are they know how you feel. When we talk things out, we see problems in a new way so we can solve them and make healthy choices.



### Be active each day

Research shows that exercise helps to lower depression and anxiety by releasing feel-good chemicals in your brain. It can also take your mind off your worries.



### Connect with your community for support

Join some community events in a way that feels safe. When we spend time around others, we remember our sense of belonging and security. Humans are social creatures!

Scan the QR codes with your phone or visit the website to download these apps:

Insight Timer



[insighttimer.com/individuals](https://insighttimer.com/individuals)

UCLA Mindful



[uclahealth.org/marc/ucla-mindful-app](https://uclahealth.org/marc/ucla-mindful-app)



## Tips for protecting yourself from COVID-19

When things are out of our control, we can feel anxious. Don't let your anxiety make your decisions for you. Take action to feel more in control:



### Stay up-to-date on your COVID-19 vaccines - including boosters!

They help prevent serious sickness, hospital stays, and even death from COVID-19. Check CDC.gov for the latest recommendations: [cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html)



### Wear a mask whenever it makes you feel safe.

CDC recommends wearing masks indoors when your community level is high. Check your community's COVID-19 level here: [covid.cdc.gov/covid-data-tracker/#county-view?list\\_select\\_state=all\\_states&list\\_select\\_county=all\\_counties&data-type=Vaccinations](https://www.covid.cdc.gov/covid-data-tracker/#county-view?list_select_state=all_states&list_select_county=all_counties&data-type=Vaccinations)



### Improve air flow indoors by opening windows and using an air filter.

This helps prevent the small pieces of the virus from building up inside. Use the CDC's tool to check air flow in your space: [cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/interactive-ventilation-tool.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/interactive-ventilation-tool.html)



### Get tested if you're feeling sick.



You should get tested at these times:

- If you have symptoms
- Before visiting a friend or loved one who has a higher chance of getting very sick (people who have a weak immune system or certain health conditions)
- Before large gatherings or indoor events
- If you were exposed to COVID-19



## Recognize when you need more help

If you're finding that you can't cope with your anxiety, it may be time to talk with your doctor. Things like therapy and medicine work very well for treating anxiety.

Remember, we can't control the actions of others. Focus on what you can control – your actions and what makes you feel safe.



### Get the most updated information on COVID-19

Visit the CDC: [www.cdc.gov/coronavirus/2019-nCoV/index.html](https://www.cdc.gov/coronavirus/2019-nCoV/index.html)