

# CORONAVIRUS DISEASE (COVID-19) COPING WITH STRESS & ANXIETY



**We are here for you and your family and understand the emotional toll this pandemic can cause, we have listed many short videos related to coping during these difficult times.**

1. How to stay positive & take care of your mental health during these uncertain times. Whether you're feeling fear, anxiety or panic because of the pandemic, here are some thoughts to help you find inner peace, calm, love and hope. Stay strong, stay safe & stay HEALTHY. We're all in this together. <https://youtu.be/5oUoAAr0rpE>
2. Anxiety: What You Should Know [Especially During Coronavirus Outbreak]. <https://youtu.be/T4E2Jzmlraw>
3. The coronavirus pandemic has been triggering fear and anxiety in people as quickly as it is spreading. Psychiatrist and author Gail Saltz said the outbreak has all the features that would typically arouse those emotions. She joins "CBS This Morning: Saturday" to talk about how to handle them. <https://youtu.be/ifpuxlJsOQM>
4. Psychologist and CBS News contributor Lisa Damour joins "CBS Evening News" anchor Norah O'Donnell to discuss ways people can manage stress and anxiety caused by the coronavirus outbreak. <https://youtu.be/275flUU0Ysw>
5. Fear about the coronavirus has gripped the world. American Psychological Association's guest, Baruch Fischhoff, PhD, is a professor at Carnegie Mellon University and an expert on public perception of risk and human judgment and decision-making. He explains why we worry about new risks more than familiar ones, how to calm our anxiety and what are the psychological effects of being quarantined. [https://youtu.be/xrxMDan\\_5Fc](https://youtu.be/xrxMDan_5Fc)
6. CoronaVirus (COVID-19) & Anxiety; How we can manage our anxieties during this global pandemic? <https://youtu.be/dM0hYAubXG0>
7. People with depression and anxiety disorders are at particular risk during times of pandemic and social distancing. Mission Health psychiatrists, Dr. Micah Krempasky and Dr. Richard Zenn, offer specific guidance to those who struggle with these conditions. <https://youtu.be/e455FzEe1mo>
8. The current state of things with the fast spread of COVID-19 puts everyone in a place of heightened anxiety and fear. 3 negative reactions to this pandemic: Fear of getting sick or spreading it to someone in your life who is vulnerable, financial fear and depressed or low mood from the social isolation. <https://youtu.be/TtZaMd0y4K8>
9. Supporting Families During COVID-19. We know parents are struggling to balance work, child care and self-care while keeping worries — both your children's and your own — under control. You don't have to do it alone. Watch today's tip: focus on the positive. <https://youtu.be/JQM80q7RBh8>