

# Cedar Springs Mental Health Matters

## Week 6: Managing Anxiety Around COVID-19



"Everything is  
figureoutable"

-Marie Forleo

### Tips For Managing Anxiety

- **Take Care Of Your Body And Spirit**
  - Try to stick to regular routines: sleep, meal, school, and work schedules
  - Get out in nature
  - Exercise: yoga, hiking, walking, running, online workout videos
  - Find ways to help others
  - List 2 things you are grateful for each day
  - Breathe in for 4 seconds, breathe out for 4 seconds. Say "I am safe. I am loved."
- **Control The Information You Take In**
  - Limit how often you check for updates
  - Step away from media if you start feeling overwhelmed
  - If you feel better avoiding media all together, ask someone reliable to share important updates
- **Don't Be Afraid To Say No**
  - Give yourself permission to say no if it's outside your comfort zone
  - "I'll take a rain-check" or "Today's not a great day for that"
  - Proactively set healthy boundaries for you and your family
  - Respect other's decisions, but know what's right for you and your health
- **Plan For What You Can**
  - Write down specific worries you may have
  - Make a list of all the possible solutions you can think of
  - Focus on concrete things you can change, rather than circumstances beyond your control

### More Resources:

- [Headspace](#)
- [Calm](#)
- [7 Cups of Tea](#)
- [Insight Timer](#)
- [Cosmic Kids Yoga \(for littles\)](#)

### Mental Health Support:

- [Network 180](#): (800) 749-7720  
Available 24 hrs. a day
- [Heart of West Michigan](#): Dial 211  
(hotline to provide referrals to services in Kent County)

### For a Mental Health Emergency:

- Call 911
- [National Suicide Hotline/Crisis Response](#) (800) 273-8255

TALKING THROUGH ANXIOUS THOUGHTS		NEGATIVE SELF-TALK	POSITIVE SELF-TALK
What is the worst thing that could happen?	If the worst possible outcome occurs, what could I do?	I am not smart enough	I can learn new things
How might I help a friend through these same feelings?	What do I know to be the facts at this point?	I can't do this	I just have to keep trying
Who are the people that can help talk with me about this?	Take a deep breath. You can get through this.	This is too hard for me	I can do hard things
		This situation is hopeless	I can do the next right thing
		I can't do anything right	Making mistakes helps me learn
		I am not good enough	I am worthy and enough

Source: HPS Student Services