Covid-19 and Anxiety

If you or a loved one have been diagnosed with Covid-19, it is normal to feel increased anxiety and worry about your own health and the health of others around you.

Symptoms of anxiety may include;

• worrying, that is difficult to stop

• irritability, anger, feeling "revved" up

• panic attacks; an intense period of feeling afraid, shortness of breath, increased heart rate, feeling out of control of your own body, sweating, feeling flushed

Some Covid-19 symptoms and anxiety symptoms may overlap; shortness of breath, difficulties with sleep, fatigue, gastrointestinal symptoms and difficulties with concentration.

Coping with anxiety

• acknowledge that it is a normal response to experience anxiety following diagnosis

• gentle movement such as yoga and stretching; while higher impact exercise can be effective in managing general anxiety, it is not recommended if you are experiencing respiratory distress

• rest as much as possible; while it may be challenging to sleep, it is important to establish good sleep hygiene such as going to bed at the same time every night, avoiding screens for one hour prior to bed, avoid stimulants such as caffeine later in the day

• limit exposure to the news and social media; gather information from credible sources such as your physician and public health agencies. While it is understandable to want to research treatment for Covid-19, this can fuel anxiety

• stay connected with your support system via phone, texts and video calls.

• seek professional counselling for personalized support