Reducing Anxiety during Uncertain Times

Times of uncertainty can create feelings of anxiety. Help find solace during difficult times with these suggestions.

✔ Meaningful Engagement
   It’s important to stay connected with family and your community. Take time to check in with friends, family and neighbors.

✔ Modeling Behavior
   Address children’s concerns or anxiety together as a family so they can see how their parents or caretakers are managing their own feelings.

✔ Information Management
   Information is everywhere and it can be extremely valuable; however, consider limiting your exposure to social media or the internet if you find yourself overwhelmed.

✔ Daily Movement
   Simple daily physical exercises, at home or indoors, can be helpful to maintain a sense of health and balance.

✔ Stay Mindful
   Mindfulness goes beyond self-awareness and acceptance—it means being conscious of others. Try to remain kind to others during stressful times.

Source: Sutter Mental Health Services

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