

# CORONAVIRUS DISEASE 2019 (COVID-19)

## LOOKING AFTER YOUR WELLBEING

Dealing with COVID-19 pandemic can be very stressful.

### COVID-19 STRESSORS

COVID-19 stressors can vary among people. Some include:

- Dealing with a rapidly changing situation
- Fear of sickness and isolation
- The need to take precautions - stay home, work from home, practise social distancing, etc
- Loneliness
- Loss of income
- Shortage of essential items



### STRESS SYMPTOMS

#### Physical symptoms:



- Tense or aching muscles
- Headache
- Sleep disturbances
- Digestive disturbance - nausea, constipation or lack of appetite
- Rapid heartbeat

#### Emotional symptoms:



Lack of concentration



Nervousness or anxiety



Increased anger or aggression



Irritability



Sadness

### COPING WITH STRESS DURING THE COVID-19

Things you can do to reduce stress:

- **Take breaks from listening to, watching or reading about COVID-19, including checking social media.**
- **Focus on the facts of COVID-19 and understand the risk to yourself and those you care about.**
- **Separate facts from rumours. Gather information from reliable sources.**
- **Keep yourself in the best possible health. Sleep well, eat healthy, and be physically active.**
- **Practise positive thinking.**
- **Plan your day, prioritise tasks. Feel good about the decisions you make.**
- **Engage in activities you enjoy - keep yourself stimulated and entertained.**
- **Talk to people you trust, share your concerns and feelings.**



**If stress continues to hamper your daily activities, talk to a doctor.**

This infographic has been developed for educational purposes only and is correct at the time of publication. It is not a substitute for professional medical advice. Should you have any questions or concerns about any topic in the infographic, please consult your medical professional.

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