Watching the spread of Coronavirus may cause you to feel anxious
What you are feeling is normal
In these times of stress, feeling anxious and panic and not sure what to do is also normal.
When things are out of our control and we are not able to manage our lives like we used to
We may feel like there is nothing we can do
This feeling is normal
If you are feeling worried, overwhelmed and you are not sure what to do
take note of these helpful tips to help you feel calm
It is important to manage the amount of media/news you are receiving
Watching the news can affect how you are feeling and cause stress, anxiety and fear
It is important to limit your use of social media like Facebook, Instagram and Twitter
Not all of the information that is being shared on social media is accurate
Some information is not clear, not right and can even be used to fool you
be careful
When watching the news, limit it to mornings and evenings only, for a few minutes at a time
Turn it off for the rest of the day
Instead, you can watch a movie, read a book or go outside for a walk

Try to keep your normal routine
An example of this could be setting your alarm every morning, taking a shower and getting
dressed daily.
Making yourself a schedule to follow to go on a walk, exercise, eat lunch, read or do a puzzle
will help keep yourself busy

It is important to stay calm
Watching the escalation of Coronavirus can cause fear
Stay positive
There are health and safety guidelines the government has released that you can practice
These guidelines are to help prevent the spread of the virus
You should wash your hands for at least 20 seconds with warm water and soap
And be sure to clean your hands thoroughly including your fingernails and between your
fingers.
Hand sanitizer should have at least 60% alcohol
You should use it on your hands, wrists and forearms
Avoid touching your face
Practice social distancing
If you start to feel sick with a cough, fever and/or have trouble breathing,
Please stay home and call your doctor.

Selfcare is important
Connecting with people, calling old friends to catch up will help you feel less lonely
Take advantage of this time to exercise and be physically active
Eat nutritious food
Drink plenty of water
Get enough sleep
Meditate
Avoid using alcohol and drugs

If you are feeling overwhelmed or you know someone who is, you can contact MHCD
We are here to help
There are several ways to get in touch with us
Phone:
If you do not have symptoms but need help, you can access our Walk-In Center 24/7
The Address:
If you need help right away, you can call Colorado Crisis Services at (844) 493-TALK
Or you can text-chat by texting the word TALK to 38255
You can visit our website:

This situation is not going to last forever
Remember, this is temporary
Visit: to learn how you can help stop the spread of Coronavirus
Remember to be patient, life will return to normal soon