

# CORONAVIRUS DISEASE (COVID-19) CABIN FEVER

This is a very stressful time. You may be worried about getting COVID-19 or afraid that someone you care about will get it. If you've lost your job, you may be anxious about your finances. On top of that, you're probably stuck at home. Cabin fever can set in. You may feel trapped, bored, and irritable. Cabin fever is no joke. It can lead to depression or self-harm. If you live with others, it may cause you to lash out at them.

## HERE ARE SOME IDEAS THAT MAY HELP YOU COPE.



**Try to Stay on a Regular Schedule.** Having a normal routine may help you and your kids feel better. It's a good idea to have a set time for schoolwork and a limit on screen time.



**Get Outside.** Fresh air and sunshine are good for both your mind and your body. If you can, go out for a walk or a bike ride.



**Connect with Friends and Family.** A call, text, or video chat may help you feel less alone. Maybe you could suggest a virtual family gathering. Or you could set up a virtual meet-up or game night.



**If You Live with Others, Find Some Time for Yourself.** Go for a walk or drive by yourself. Do some deep breathing while you take a bath or shower. Get up before everyone else, and enjoy the quiet.



**Get Creative.** This could be a chance to do something you never had time for in the past. There are lots of free online classes. Maybe you could take dance or yoga lessons or learn a new language.



**Look for the Good Around You.** There are a lot of scary things going on, but good things are happening too. Look for stories that give you hope, like those of people helping other people.



**Take a Break From the News.** Limit the amount of time you spend watching or reading about the pandemic. Focusing too much on it may make you more anxious and irritable.



**Find Healthy Ways to Deal With Your Emotions.** Think about what works for you. If anger or frustration overwhelms you, remind yourself to stop before you act. Everyone is feeling stressed.

**REACH OUT IF YOU NEED HELP.** If you're struggling with feeling sad, depressed, or anxious, you may need more help. Many therapists can do counseling by phone or online. Look for an online support group. Another option is the Disaster Distress Helpline at 800.985.5590, or text TalkWithUs to 66746.