# We Asked Experts How to Cope with Your Coronavirus Anxiety

### Find Quality Resources

- Use reliable news resources, that show the pandemic in a truthful light to avoid catastrophizing or false reassurance
- It is recommended to use local health department for information.
- If you have children who may have anxiety related to this, use resources to help explain this to them

### Continue Your Mindfulness Practice

- It is helpful to ground yourself in mindfulness techniques. Here are some links for special practices.
- Sometimes, mindfulness can just be exercise or adhering to your normal routine. Keep up normal habits as much as possible

### Set Boundaries With your Phone

- Consider disabling push notifications on your phone if you feel overwhelmed with news/twitter/social media updates.
- If your anxiety grows from checking your apps and getting news that way, set aside time specifically designed to check those apps

### Set Boundaries with Your Community, Too

- Change the subject when talking among friends if the conversation stays on the virus too long and triggers your anxiety

### Cultivate Moments of Hope

- Take note of the positives of the day and moments of gratitude
- For a short amount of time, it is okay to imagine the worst-case scenario, or your most-feared outcome, and know that you could handle it and be okay
- Remember that anxiety is a mixture of fear and hope

### Don't Forget Your Empathy