Article Summary:
Is There a Right Way to Worry About Coronavirus? And Other Mental Health Tips

Summarizing this article in The Guardian, in response to indefinite isolation, contagion, and financial uncertainty with no return to normality in sight, coronavirus is taking its toll on our collective mental health, but there is a right way to worry:

- **Acknowledge your anxiety**
  walk through it not around it--avoid doing things that help you escape the feelings you’re feeling

- **Schedule worrying**
  ○ “distinguishing between worries over which you have little or no control, and worries about problems you can influence,” says Dr Ken Duckworth, medical director of NAMI
  ○ Limit sources of worry i.e. daily news consumption
  ○ Apps like Freedom, which enable you to block certain websites for specific time periods, can help

- **Reframe the situation**
  “You are not ‘stuck inside’. No, you are indulging in a long-awaited opportunity to slow down, focus on yourself and your home”

- **Set quarantine rituals**
  Replace workplace/school rituals with something else you can look forward to like …
  ○ Start your day with a walk
  ○ Process your day by writing in a journal at the end of it before going to bed
  ○ Take some time each day to connect with people you no longer see on a daily basis (i.e. FaceTime or Zoom with a friend/family member)

- **Get moving**
  Exercise is a “classic anxiety reduction strategy”, says Duckworth
  YouTube classes, a fitness app, cycling, jogging, “go” to an online virtual club like one in New York, Nowadays

- **Small acts of altruism**
  Do something for others. “The idea is to get out of the helpless zone if you can. If you can get out of that then be an agent,” says Duckworth.

- **Physical distancing, not social distancing**
  ○ “loneliness is bad for humans,” says Duckworth
  ○ Have a coffee over FaceTime
  ○ Call your parents or kids every day
  ○ While in some ways coronavirus is isolating, Bhatia says it is worth remembering that it’s a shared global experience. “Everybody’s affected to different degrees, but the bottom line is that everybody’s in it together, and scientists all over the world are trying to work on it together to find a solution quickly.”

- **More resources:**
  ○ Learn to be more mindful = bringing your mind to the present moment--try apps like …
    ■ Calm
    ■ Headspace
    ■ Abide
  ○ If needed, consider scheduling on online session with a therapist--check …
    ■ Psychology Today
    ■ American Psychiatric Association
  ○ Take an online happiness course like this one offered by Yale professor Laurie Santos or listen to her podcast
  ○ The Anxiety and Depression Association of America has a dedicated coronavirus page
  ○ National Suicide Prevention Lifeline is 1-800-273-8255