

# 5 Ways to Cope with Health-related Anxiety



The recent reports of Coronavirus worldwide have certainly aroused concerns to all of us. As the number of people infected increases day-by-day, it may likely cause anxiety and stress for you and your family.

## Symptoms of Stress and Anxiety:

- Rapid heart rate and breathing, muscle twitching, difficulties in falling or staying asleep, and digestive problem
- Intense fear, helplessness, irritability or outbursts of anger, hypervigilance, low concentration, obsession about certain ideas, and avoiding stimuli that trigger the anxiety

## HERE ARE 5 WAYS TO MANAGE YOUR STRESS AND ANXIETY:

### 1. RIGHT TO FEAR

It is completely normal to be worried when we feel like we don't have control over things around our lives. While changing a difficult situation is not readily possible, acknowledging your fear is important instead of ignoring it.

### 2. RIGHT TO ADOPT A HEALTH LIFESTYLE

Eat a healthy diet, exercise regularly, get adequate sleep, enjoy the sunshine, and talk to somebody are some essentials to break the cycle of anxiety.

### 3. RIGHT TO TAKE CHARGE

Sometimes, anxiety cannot be vanished by itself especially when the emotion is so dominant and the rational thinking cannot function at all. But you can take charge by using these steps:

- Take a deep breath and say to yourself, “Stay cool! I can manage it!” five times.
- Ask yourself, “What am I worried about?”, Jot it down on a piece of paper about your fear and reasons for fear.
- Ask yourself, “Where does it the information come from, and is it a fact or just a rumor? Do I have all the information to make a sound judgment?”
- Then take long, slow and deep breaths. Gently disengage your mind from distracting thoughts and focus on breathing itself.

### 4. RIGHT TO ASK

When we are afraid, we should take positive actions to seek proper information from accurate sources. Here are a few links for your references:

- Department of Health, HKSAR:  
<https://www.chp.gov.hk/en/features/102465.html>
- World Health Organization:  
<https://www.who.int/westernpacific/emergencies/novel-coronavirus>

### 5. RIGHT TO CONSULT

Whenever you are not certain about the information or you are worried about your conditions, it is absolutely fine to seek for consultation from medical and other suitable professionals. Nobody will be blamed for asking about or taking good care of one’s health.

