

## **Stress and Coping: the Outbreak of COVID-19 Tips for Teens**

The outbreak of the Coronavirus Disease 2019 has been stressful for many people, including teens. The fear and anxiety can be overwhelming for many of us.

### **Be Aware of Signs that You Are Feeling Stressed:**

- Increased impatience, irritation, anger, arguments, conflicts with family and friends.
- Increased anxiety, worrying, sadness.
- Feeling overwhelmed by intense emotions.
- Feeling unable to talk about your emotions.
- Difficulty paying attention and concentrating.
- Poor school performance, especially with the shelter-in-place.
- Avoiding activities you previously enjoyed.
- Unusual headaches, stomach aches, or other pain.
- Unhealthy eating or sleeping habits.
- Using alcohol, tobacco, or other drugs.
- If you were already struggling before the shelter-in-place order, the new stress of the current situation could make life even harder for you.

### **Take Care of Yourself:**

- Take care of your physical health.
  - Eat a healthy diet.
  - Get enough sleep.
  - Exercise. Stay active.
  - If permitted, go outdoors – while remaining safe.
  - Wash your hands.
- Take breaks throughout the day.
- Connect with others.
  - Reach out to family, friends, neighbors.
  - Phone calls, texting, messaging, video chat.
- Get accurate information about the coronavirus.
- Avoid too much news and social media updates about the coronavirus.
- Find ways to help others:
  - Help your family at home, help neighbors, help people in need.
  - Post positive messages on social media.
- Ask for help and support.
  - From trusted adults, from trusted family and friends.
  - Contact the Contra Costa Crisis Center anytime, 24/7.
  - Call 2-1-1 or 1-800-833-2900 or text HOPE to 20121.

**For more information or for support for yourself or others 24/7:  
contact the Contra Costa Crisis Center.  
Call 2-1-1 or 1-800-833-2900. Text HOPE to 20121.**