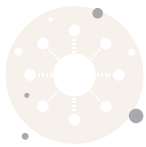
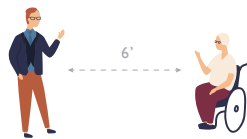


During these challenging and difficult times everyone, especially members of the healthcare team, will need help coping and managing at work and at home. Learning to cope with stress will make you, the people you care about, and your community stronger. The following information provides facts and assistance to help get you through the day. Be healthy and be safe.



WHAT IS  
**Novel Coronavirus?**

“Novel” here means that no human on earth has ever had this virus, so no one has an immunity to it. COVID-19 is a type of virus, a Coronavirus, that attacks the lungs.



WHAT IS  
**Social Distancing?**

Keeping a safe distance (about 6 feet) from others and staying away from gatherings or social spaces like schools, churches, concert halls or public transportation.



WHAT IS  
**Quarantine?**

Avoiding contact with others if a person has, or potentially has been exposed to COVID-19. Often, this is to see if she or he starts to show signs of the disease or becomes sick.



WHAT IS  
**Isolation?**

Separating someone who has contracted COVID-19 to keep her or him from spreading this incredibly contagious virus onto healthy people.

**WHAT TO EXPECT?**

Periods of dramatic change and isolation can cause: a drop in meaningful activities, and social engagement; financial strain from losing a job; and/or a lack of access to typical coping strategies such as a gym or religious services. These experiences can lead to feelings of fear, anger, or depression among others.



**HOW TO COPE?**

Start by thinking about how you might spend your time, who you can contact for support and how you can deal with any physical or mental health needs you or your family may have.

## WHAT TO EXPECT?

*You may experience feelings of...*

### **Fear & Anxiety**

You may feel anxious and worried about you or your family contracting or spreading COVID-19 to others. It's also normal to have concerns about obtaining food and personal supplies, taking time off work, or meeting family responsibilities. Some people may have trouble sleeping or focusing on the day to day.

### **Depression & Boredom**

A sudden break from work and other meaningful activities changes your daily routine and may result in feelings of sadness or low mood. Long periods of time spent at home can also cause feelings of boredom and loneliness.

### **Anger, Frustration & Irritability**

The loss of freedom associated with isolation and quarantine can be frustrating. You may also experience anger or resentment toward those who have issued quarantine or isolation orders, or if you feel you were exposed to the virus because of another's negligence or mistake.

### **Stigmatization & Loneliness**

If you are sick or have been exposed to someone who has COVID-19, you may feel stigmatized by others who fear they can catch the illness if they come near you. This can bring on feelings of isolation and loneliness.

## HOW TO COPE?

*We recommend that you...*

### **Stick to Reliable News Sources**

It's important to have accurate and timely public health information. But, too much exposure to media coverage can lead to increased feelings of fear and anxiety. We recommend balancing your time with other activities like reading, listening to music, starting a new hobby or learning a new language.

### **A Daily Routine & Healthy Lifestyle**

Maintaining a routine helps keep a sense of order and purpose in your life despite isolation or quarantine. Try to include activities such as virtual work or learning, and get enough sleep, eat well and exercise at home. Avoid using alcohol or drugs to cope with your stresses, instead consider tele-psychotherapy.

### **Use Psychological Strategies & Positivity**

Examine your worries but try not to make them seem worse than they are. Be realistic with your ability to deal with it and what you can control. Accept what you can't change. Keeping a daily gratitude journal, or downloading mindfulness and relaxation smartphone apps can help. Remember, you're a part of protecting those who are most vulnerable

### **Stay Virtually Connected**

Your face-to-face interactions may be limited, but using phone calls, text messages, video chat and social media to the people important in your life can help. If you're feeling sad or anxious, use these conversations to discuss your experiences and emotions and look for others in a similar situation to yours.

Remember, we are all in this together!

St. Joseph's Health has a 24-hour crisis hotline: 973-754-2230.

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like harming yourself or others, please call the National Suicide Prevention Lifeline: 1-800-273-TALK or call 911.

