

# Focus on your behaviors to relieve Covid-19 anxiety

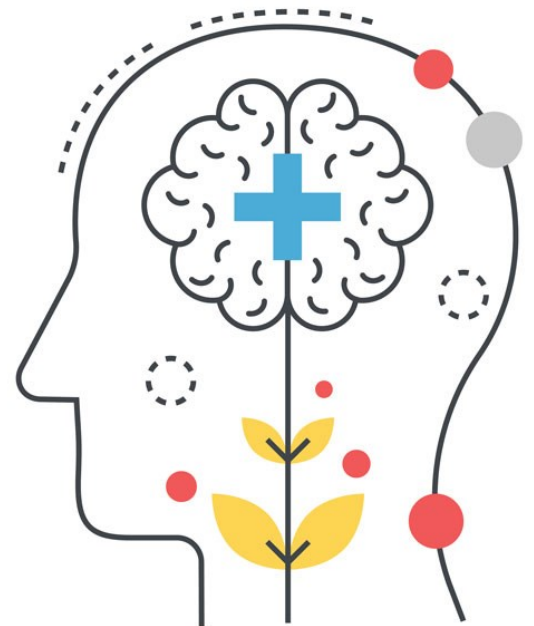
Fear is natural, but let wisdom and logic be your guide



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# MAP

FREE and CONFIDENTIAL assistance to members dealing with challenges of everyday living

## 10 TIPS TO REDUCE COVID-19 ANXIETY



Focus on things you can control, such as your thoughts and behaviors.



Control how often you check the latest news.



Keep the big picture in mind. Humankind will survive this.



Model peaceful behavior for those around you.



Remember that the size of news coverage may not equal the size of a threat.



Evaluate your own health behaviors and be a model for others, including children.



Let wisdom and logic guide you.



Feeling too isolated? Maintain digital connections with people.



Turn to reputable sources for your news.



Don't let fear influence your decisions, such as hoarding supplies.