

# Taking Care of your Wellbeing during COVID-19

Thanks for choosing Boston Medical Center to provide you with exceptional care, without exception. The primary focus of BMC is and always will be your health and the health of our community as a whole.

It is normal to experience stress or anxiety as a result of the rapidly evolving COVID-19 pandemic. Below are tips for identifying and processing your emotions.

## Stress Affects Your Thoughts, Emotions, Body, and Behavior

**Thoughts:** Being easily distracted, trouble concentrating or remembering

**Body:** Increase/decrease of energy, body tension, headaches, changes in appetite, difficulty sleeping, sweating, and being easily startled

**Emotions:** Trouble relaxing, feeling irritable, down, or anxious

**Behavior:** Wanting to be alone, trouble completing works tasks, blaming others or getting into arguments

## Tips for Dealing with Stress & Anxiety

**Take care of your body.** Eat well-balanced meals and healthy snacks, exercise, meditate, get plenty of sleep and avoid alcohol or drugs.

**Use in-the-moment strategies** for reducing stress, such as prayer, taking deep breaths or meditating.

**Make time to unwind.** Try to engage in activities you may enjoy or find to be relaxing.



**Connect with others.** Check-in and seek support from peers, family, friends, mentors, or spiritual leaders about your concerns/feelings.

**Take breaks from the news & social media.** Hearing about COVID-19 repeatedly can be upsetting. Limit exposure, especially before bed.

**Seek support.** Talking to a professional can help reduce stress/anxiety and challenge any negative thoughts about yourself and/or others.

### Resources & Support:

- BMC Adult or Child/Adolescent Behavioral Health Clinic: Call 617-414-4238 to schedule an appointment with a mental health professional
- Ask your BMC Primary Care Provider for a referral to the Behavioral Health team based in Primary Care
- Boston Emergency Services Team (BEST): Call (800) 981-4357 if you're experiencing a mental health emergency and need assistance
- Substance Abuse and Mental Health Services Administration (SAMHSA) Disaster Distress 24/7 Hotline: (800) 985-5990
- National Alliance on Mental Illness (NAMI) Help Line: (800) 950-NAMI (6264)

Visit [bmc.org/covid-19](https://www.bmc.org/covid-19) for more information on COVID-19, as well as additional Wellbeing & Community Resources