



Bloom Counseling  
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## Managing emotions during the COVID-19 Pandemic

There are a variety of emotional responses that you may be feeling right now. You are experiencing a new and difficult combination of extreme stress, uncertainty and lack of control. Some common emotional reactions to stress include:

Fear  
Sadness

Grief  
Powerlessness

Anger  
Numbness

Stress affects everyone differently; some effects include:

- Changes in appetite, energy and activity levels
- Forgetfulness or difficulty concentrating
- Changes in sleep or nightmares
- Headaches, body aches, or upset stomach
- Irritability or anger
- Feelings of fear, numbness, disbelief or anxiety

### What can I do to manage this stress?

Focusing on your lack of control increases stress. During these challenging times, focus on what is under your control and ways you can care for yourself.

- 1) Use relaxation techniques
- 2) Meet your basic needs such as sleep, healthy diet, etc.
- 3) Create routines and keep a schedule
- 4) Contact friends and family
- 5) Respect that others may have different responses
- 6) Limit media exposure while also staying updated
- 7) Self Check-ins
- 8) Seek help when needed

Pick one item from above that you would like to start doing

How will you incorporate this into your life specifically? \_\_\_\_\_

Name 2 people that you can connect with in the next week

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_

For more examples and information about stress management and relaxation techniques, visit [www.bloomcounselingdc.com/get-started](http://www.bloomcounselingdc.com/get-started)