**Four Tips to Help You Cope with Anxiety**

At times, it can be difficult to deal with your anxiety. You may have trouble sleeping and feel uneasy about the future. Uncertainty or changes to your routine can make it hard to cope with daily activities.

Finding ways to take care of yourself and your loved ones can help you feel better, especially during a public health emergency. Here are four tips:

1. **Stay connected.** Phone calls, emails and texts between family and friends can help you and your loved ones feel less lonely and isolated. But take breaks from watching, reading or listening to news stories, and avoid social media and television. Talk with people you trust about your concerns and your feelings.
2. **Reduce mental stress.** Take deep breaths, exercise or [meditate ‌meditate opens a dialog window](https://www.nccih.nih.gov/health/meditation-in-depth).
3. **Take care of your physical health.** Eat well-balanced, [healthy meals ‌healthy meals opens a dialog window](https://www.eatright.org/health/wellness/preventing-illness/support-your-health-with-nutrition), and get plenty of sleep. Go for a walk outside when the weather is nice, but remember to be safe and observe guidelines set by the Centers for Disease Control and Prevention (CDC).
4. **Talk with your child or teen.** Kids are likely to react, in part, to what they see from the adults around them. Be sure to manage your own anxiety before speaking with your child and [answer questions about COVID-19 ‌answer questions about COVID-19 opens a dialog window](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fschools-childcare%2Ftalking-with-children.html) or any other distressing topics in a way that your child or teen understands.

**Sources:**

* [**CDC.gov ‌CDC.gov opens a dialog window**](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fschools-childcare%2Ftalking-with-children.html)
* [**NIH.gov**](https://www.nccih.nih.gov/health/meditation-in-depth)