According to HelpGuide.org, any traumatic event from personal tragedy to a global crisis like COVID-19 can take an emotional toll and cause traumatic stress. Here are seven tips that they offer to help regain control of your life. 

Tip 1: Minimize media exposure. 

Tip 2: Accept your feelings. Your emotions are normal reactions to what is going on around you. 

Tip 3: Challenge your sense of helplessness. Think positive. 

Tip 4: Get moving. Exercising can burn off adrenaline and release feel good endorphins to boost your mood. 

Tip 5: Reach out to others. The simple act of talking face to face with another human can trigger hormones that relieve traumatic stress. 

Tip 6: Make stress reduction a priority. Use your downtime to relax. 

Tip 7: Eat and sleep well. 

If you are still experiencing anxiety after trying these tips, you may need to seek a mental health professional. Please reach out. Your EAP program is always available.