



Supervisor Tony Buffington  
**Blue Ridge District**  
*NewsFlash*



## Tips & Resources to Help Alleviate COVID-19 Related Fear & Anxiety

*There's never been a better time to focus on our mental health!*

Sent: May 6, 2020



**Loudoun County**  
VIRGINIA

### COPING WITH **COVID-19** FEAR AND UNCERTAINTY

Fear and anxiety about COVID-19 can be overwhelming and cause strong emotions in adults and children. Taking care of yourself, your friends and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

Fear and uncertainty can cause strong emotions in children and adults and can manifest in more ways than you might think. Normal reactions to fear and uncertainty include:



- Anxiety, Increased worry
- Not wanting to be separated from loved ones
- Irritability, anger
- Fatigue, exhaustion
- Sadness, crying
- Changes in appetite or sleep patterns, including nightmares
- Inability to concentrate, frequent errors, difficulty making decisions
- Confusion, forgetfulness
- Hyperactivity
- Physical complaints, diarrhea
- New or increased use of tobacco products, alcohol or other drugs

Take care of yourself, your friends and your family by identifying and using coping strategies that work for you. Helping others cope with their stress can also make your community stronger.

### **Be mindful of your exposure to information**

Get up-to-date information from trusted sources. You can find information from Loudoun County at [Loudoun.gov/coronavirus](https://www.loudoun.gov/coronavirus). **Make sure you have access to media but limit excessive exposure.** If you're feeling anxious, consider turning off social media feeds, automatic notifications and updates on COVID-19.

### **Identify feelings and talk about them**

Identify the feelings you are experiencing. **Understand that your feelings are normal and talk about them with others.** Be sure not to isolate yourself. Personal relationships are crucial in maintaining perspective, elevating mood and allowing distraction

away from concerns that trouble us. **Combat loneliness and keep talking by phone or video chat.**

### Keep healthy habits

Stay healthy by **maintaining a routine**, sleeping regularly, eating right, avoiding alcohol and other drugs, exercising, relaxing and doing things you enjoy. **Laugh, have fun and let yourself cry.** Deep breathing exercises or anti-stress stretches may help you stay calm. [Instructions for breathing exercises and stretches are available here.](#)

### YOU ARE NOT ALONE! Ask for help if needed!

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression or anxiety, or feel like you want to harm yourself or others, help is available 24/7.

- Call [PRS CrisisLink](#) at 703.527.4077 or text CONNECT to 85511
- Call the [National Suicide Prevention Lifeline](#) at 1-800-273-8255

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***Coronavirus - We're in it together, we'll get through it together - Tony***

Be safe!



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