GLOBAL PSYCHOLOGY ALLIANCE
Psychology for Global Challenges

Stressed or Worried About COVID-19?

Step-by-Step Stress Management Technique to Help During the Pandemic

53% = The number of adults in the United States who reported that their mental health has been negatively impacted due to worry and stress over the coronavirus (Kaiser Family Foundation, July 2020).

"It's exhausting… mentally, emotionally and physically. It's been a nightmare. The first three months were limits. Everyone was angry and combative. Now it's the masks."

Department Store Cashier, USA

"More and more people are calling in [sick], we're short staffed all the time. Customers are becoming crazy, sometimes violent when asked to wear a mask… I haven't slept well in months."

Grocery Store Worker, USA

4 Steps to Help You Manage Stress

1. Define the problem.
2. Think of 3 possible solutions.
3. Choose a solution.
4. Try it. Did it help?

AMERICAN PSYCHOLOGICAL ASSOCIATION

What Can I Do?

Define the problem:

Ask Yourself: *"What is the problem?"*

Example: 'I don't feel safe at work because the COVID-19 rules are not enforced."

Think of 3 possible solutions:

Ask Yourself: *"What are 3 possible solutions to my problem that **I am in control of**?"*

Example: "1) I can always wear my mask and bring my own PPE even if others don't; 2) I can ask my coworkers to wear their PPE; 3) I can talk to my boss about improving safety standards."

Choose a solution:

Ask Yourself: *"Out of these three possible solutions, which is the **best** solution?"*

Example: 'I am going to ask my coworkers to wear their PPE."

Try it out! Did it help?

Ask Yourself: "Did my solution work?"

YES

Celebrate and keep going!

NO

It's okay! Try another possible solution.