Five Tips For Reducing Anxiety… During COVID-19”

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• Dr. Alduan Tartt

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• 20 Years Experience With Therapy

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• YouTube Channel= 1.5M Views
#1- Understand Why You Are Anxious

- We Should All Be Experiencing “Normal Anxiety”
- Anxiety Is Only A Problem When Unchecked & Out of Control
- We Are Being Affected By Risk Perception - Perceived Risk of Threat at Hand (Germ Phobia)
- Replace Worrying & Pessimism With Planning, Action & Optimism
#2- Watch Less Sensational News

- Remember Mainstream News Is...By Nature Negative & Sensational
- Causes Indirect Trauma- Watching The Trauma of Others
- Heightens Flight or Fight Response (Alarm System of Body)
- Focus on CDC For Information
#3- Stay Connected While Isolating

- Smart To Follow Guidelines (Social Distancing) & Still Connect With Others Daily
- Loneliness Causes Anxiety, Depression & Loss of Connection
- Be Prosocial By Reaching Out To Others (Be The Initiator)
- Be Creative (Zoom, Facetime, etc.)
#4- Practice Self-Care

- Make Sure You Are Getting 49 Hours of Sleep A Week
- Learn How To Meditate, Yoga, Exercise & Protecting Your Energy
- Limit Caffeine- Tends To Increase Anxiety & Irritability
- Eat Well & Avoid Alcohol/Drugs To Cope
#5- Find Your Sense of Purpose

- Fight Learned Helplessness With Learned Industriousness (“Faith & Works”)
- Focus On Things You Can Control (Next Project, Self-Care, Family)
- Create A Weekly Schedule, Set Goals, Accountability Group
- Create Projects That Help Us During & After COVID-19
Resources

- Find A Therapist - PsychologyToday.com
- Insurance - Medicaid.Georgia.Gov
- Mental Health - Namicga.com
- Meditation – Mindspace, Calm, Bloom
- Georgia Crisis Line 1-800-715-4225
Thanks

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