

## **WE ARE ALL IN THIS TOGETHER**

### *Coping with Coronavirus 2019: Managing stress, fear, and anxiety*

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The purpose of this training is to learn:

- how to anticipate normal reactions to stressful situations
- how to reduce the negative impact of stress by recognizing how stress can affect our bodies,
- how to discuss the benefit of practicing self-care and stress-reducing activities and
- to know when and where to seek help when stressed.

## **KEY TAKEAWAYS**

- Everyone reacts to stress differently
- What we are all feeling is normal
- During times of stress, pay attention to your own needs and feelings
- Focus on what you can control
- Stay socially connected during stressful times
- Don't be afraid to reach out and ask for help if you feel alone and/or stressed.

- Counseling Helpline  
1-855-284-2494  
TTY 724-631-5600
- Crisis Textline  
Text TALK to 741741

To contact our team:

Visit [AIDinPA.org](https://AIDinPA.org) or email us at

[AIDinPennsylvania@gmail.com](mailto:AIDinPennsylvania@gmail.com)

