

Managing Stress and Emotions

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We have been required to stay at home as much as possible over the past several weeks, which can naturally cause anxiety. Anxiety can present itself in a number of different physical and emotional ways. This video describes ways to manage this anxiety as well as provides suggestions on what to expect as counties throughout the state begin to lift stay at home restrictions.

KEY TAKEAWAYS

- It is ok to feel stress during this time.
- Stress can have physical and emotional symptoms.
- There are ways to manage stress in the comfort of your home.
- As counties in the state begin to slowly reopen, there will still be guidelines to follow.
- Look to the state government for guidance.

- [CDC.gov](https://www.cdc.gov)
- [Health.pa.gov](https://www.health.pa.gov)

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