



## Marlboro Alliance for the Prevention of Substance Abuse

We are a community that cares!  
We are here to try and help you during this pandemic.  
If you have questions or concerns please email  
[Drugalliance@marlboro-nj.gov](mailto:Drugalliance@marlboro-nj.gov)

### YOUR EMOTIONAL WELLBEING AND COVID 19

An infectious disease outbreak such as COVID-19, can and for many not surprisingly, causes emotional distress and anxiety. Feeling anxious, confused, overwhelmed and even powerless is reported to be common especially when facing a virus that very little is known about. These feelings of emotional distress and anxiety can occur even if you are not at high risk of becoming ill.

Here are some coping tips that we hope will help you.

- Try to limit your media consumption, including social media, local or national news.
- Try to stay active and well hydrated. It's very important to get enough sleep and rest.
- Try to avoid drinking excessive amounts of caffeine. Limit the amount of alcohol you drink. Most important, try to eat healthy. Even when ordering take-out try avoiding unhealthy junk food.
- Stay connected to family and friends. It's certainly okay to talk about your feelings but also enjoy conversation unrelated to the current situation.

There is a great deal of information out there. Listed below are links to reliable sources which we hope you will find helpful.

- For accurate health information about COVID-19, please visit the Centers for Disease Control at <https://www.cdc.gov> or World Health Organization <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- For information about coping with stress related to COVID-19 visit the CDC's page at <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
- SAMHSA's Disaster Distress Helpline provides 24/7-365 day-a-year crisis counseling and support to people experiencing emotional distress. You can call 1-800-985-5990 or text TalkWithUs to 66746 to speak to a caring counselor. For more information visit <https://www.samhsa.gov/find-help/disaster-distress-helpline>
- Mental Health America has compiled a collection of resources and information at <https://mhanational.org/covid19>
- For information about social distancing, quarantine and isolation visit: <https://samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

**Stay safe, stay healthy**