

## Six Tips for Nurses Coping with the COVID-19 Pandemic

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If you are feeling anxious and stressed about the COVID-19 pandemic, **you are not alone** – many nurses are experiencing higher than normal stress and anxiety levels right now. Here are six tips for coping with COVID-19.

1. **Breathe deeply:** Take five slow deep breaths right now and feel yourself calming down. See [go.osu.edu/justbreathe](https://go.osu.edu/justbreathe) for tips on how to relieve stress through slow, deep breathing.
2. **Practice staying in the present moment:** Worrying will not change or help the situation; be here now; [stay mindful](#).
3. **Use cognitive-behavioral skills:** Remember, how you think affects how you feel and how you behave. If you are having a negative thought (e.g., "I might get the COVID-19 virus and get really sick."), change it to a positive (e.g., "I will stay healthy by taking good self-care and practicing good infection control practices."). Repeat these and other positive thinking statements several times a day (e.g., I'm too blessed to be stressed!).
4. **Read 3 to 5 minutes in a positive thinking book every day before starting work. Positivity will serve as a shield against stress and worry.**
5. **Stay active:** Physical activity can help relieve stress. Even daily short walks can help.

**Talk to someone:** Tell a family member or friend how you are feeling. Get help if your stress and anxiety is interfering with your functioning.