

# HOW TO COPE AND KEEP CALM



Wearing a mask can protect you from airborne viruses. During this critical time in our country many people are becoming infected by the Coronavirus (COVID-19). To slow down the spread of the virus the country has been ordered to wear a mask when you're in public. However, when wearing a mask, it is possible you can develop anxiety. Anxiety can develop at any given time and brought on through specific triggers such as wearing a mask for an extended period.

## **How to cope and keep calm when developing anxiety while wearing a mask:**

1. Try to self-distract by doing puzzles, coloring, or game apps.
2. Take several deep breaths before putting on the mask. If your symptoms continue take deep breaths during the treatment.
3. Have a nurse/tech/office clerk take as much time as they can and just talk with you to keep your mind off the mask.
4. Try asking staff to draw a funny face on their mask to help you relax.
5. Divert your mind from the mask by listening to your favorite music or watching TV

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CREATED UNDER CMS CONTRACT NUMBER: HHSM-500-2016-NW014C

