

Anxiety Vs. Truth!

Whenever you experience anxiety, your mind might begin to race with thoughts that aren't always true. Anxious thoughts are often our fears which focus on the worst possible outcome. These thoughts can lead you to believe that things are worse than they actually are. In the thought boxes on the left, write a few anxious thoughts that you are experiencing, then try to challenge those thoughts by identifying what is actually true about your situation.



HELPFUL LINKS!

Below are some helpful links that contain factual information about the Corona Virus (COVID-19). Reading these articles can help you ease your worries about the virus as well as provide you with information about how to help prevent it from spreading.

What is the Corona Virus? <https://www.who.int/health-topics/coronavirus>

Preventative Measures - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

Guidance from World Health Organization - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Facts Worksheet - <https://www.cdc.gov/coronavirus/2019-ncov/about/share-facts-h.pdf>

Frequently Asked Questions - <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>