

# COVID-19: How to Cope with Anxiety



COVID-19 can feel  
overwhelming, scary,  
and upsetting.

Deep breathing is a  
tool you can use to  
relax and respond to  
this anxiety.



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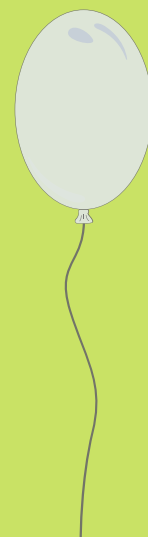
<https://www.health.harvard.edu/mind-and-mood/relaxation-techniques-breath-control-helps-quell-errant-stress-response>



**step 3:** repeat steps  
1 + 2. breathe for 9 secs,  
8 secs, etc. each time.



**step 2:** breathe  
in through your  
nose for 10 secs  
and out through  
your mouth for  
10 secs. expand  
and deflate your  
belly like a  
balloon.



**step 1:** find a quiet and  
comfortable place to sit.  
close your eyes.

