



Is Coronavirus Anxiety Triggering Your Mental Health Issues?

As the coronavirus (COVID-19) continues to spread in the U.S., anxiety and apprehension are spreading as well. The ability to cope with overwhelming thoughts and feelings can be increasingly difficult during times of uncertainty.

Extreme stress can trigger many mental health problems—even ones you think you might have conquered. The following checklist can help you determine whether your concerns about the coronavirus are triggering emotional distress.

Check off any of the following statements that currently describe what you are experiencing. Since learning about the coronavirus:

- ☐ I have increased the frequency and/or intensity of my alcohol or illegal substance use.
- ☐ I am taking more than my prescribed dosage of medication for anxiety, depression, etc.
- ☐ I am sleeping significantly more/less than usual.
- ☐ I am eating significantly more/less than usual.
- ☐ I am unable to concentrate or pay attention at work or on tasks at home.
- ☐ I am more worried, anxious, or depressed than usual.
- ☐ I feel overwhelmed and hopeless.
- ☐ I feel alone and isolated.
- ☐ I am argumentative or confrontational with my friends and family.
- ☐ I have increased my self-injury activities (i.e. cutting, burning).
- ☐ My cravings for alcohol, drugs, food, or other addictions have increased significantly.
- ☐ I have stopped attending to my personal hygiene.
- ☐ I am spending a significant amount of time reading or watching the news.

___ I started engaging in risky behaviors (substance use, unsafe sex, etc.).

___ I am no longer experiencing pleasure from activities that I always enjoyed.

___ I am considering suicide or seriously harming myself.

Note: If you are in immediate crisis and need help, call 9-1-1, your therapist, or the National Suicide Prevention Lifeline: 1-800-273-TALK (8255).

___ Other Symptom or Problem _____

___ Other Symptom or Problem _____

___ Other Symptom or Problem _____

___ Other Symptom or Problem _____

If you checked off *any* of these statements, your mental health might be impacted by fear and anxiety about the coronavirus. To seek help and support, contact your therapist or other health care professional. If you need to find a therapist, try a directory like [Psychology Today's 'Find a Therapist' search](#). If you are looking for an online therapist try [BetterHelp](#).

Additionally, mental health websites such as the [Anxiety and Depression Association of America](#) or the [American Psychiatric Association](#) can provide factual and accurate information and advice.

This free resource is provided by [Between Sessions Resources](#) – the nation's largest online library of psychotherapeutic and counseling tools.