

Taking Care in the Midst of COVID-19

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First things first...

*take a
breath*



Let's talk about stress & anxiety...

What is it?

What can it feel like?

What can you do about it?



Physical Manifestations of Stress

- Dizziness or a general feeling of "being out of it."
- General aches and pains.
- Grinding teeth, clenched jaw.
- Headaches.
- Indigestion or acid reflux symptoms.
- Increase in or loss of appetite.

(Source: Cleveland Clinic)



Physical Manifestations of Stress (cont.)

- Muscle tension in neck, face or shoulders.
- Problems sleeping.
- Racing heart.
- Cold and sweaty palms.
- Tiredness, exhaustion.
- Trembling/shaking.

(Source: Cleveland Clinic)



Physical Manifestations of Stress (cont.)

- Weight gain or loss
- Upset stomach, diarrhea
- Sexual difficulties

(Source: Cleveland Clinic)



What is anxiety?

- In the short term, anxiety prepares us to confront a crisis by putting the body on alert.
- But its physical effects can be counterproductive, causing light-headedness, nausea, diarrhea, and frequent urination. And when it persists, anxiety can take a toll on our mental and physical health.

(Source: Cleveland Clinic)



Physical Manifestations of Anxiety

- stomach pain, nausea, or digestive trouble
- headache
- insomnia or other sleep issues (waking up frequently, for example)
- weakness or fatigue
- rapid breathing or shortness of breath

(Source: Harvard University)



Physical Manifestations of Anxiety (cont.)

- pounding heart or increased heart rate
- sweating
- trembling or shaking
- muscle tension or pain

(Source: Harvard University)



Step 1: Acknowledge / Identify

Step 2: Do something



Recognizing what “it” feels like...



Step 1: Acknowledge / identify

Step 2: Do something



Do something...



Thank you & be well.

For additional information, please visit our website:
<https://bit.ly/Networks-Wholistic-Practices>

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