

Articles for Adults – Anxiety and COVID-19

Stress and Coping

Source: CDC

Coronavirus Anxiety: Coping with Stress, Fear, and Worry

Source: HelpGuide

Therapist's Guide to Staying Sane During a Pandemic

Source: The Atlantic

7 Healthy Ways to Manage Your Coronavirus Anxiety, According to Psychologists

Source: Good Housekeeping

11 tips for managing your anxiety during the coronavirus pandemic, according to a therapist who specializes in anxiety

Source: Business Insider

10 Ways to Ease Your Coronavirus Anxiety

Source: NY Times

The power of prayer to deal with coronavirus anxiety

Source: USA Today