“It is normal to feel anxious at stressful times, it is the limbic system preparing you for fight or flight. This is ideal if there is a physical danger, but not if the trigger is worries going around your head.”

Limit the number of coronavirus updates: endless whatsapp groups and scrolling can consume hours of your day. We know its a fine balance between keeping up to date and feeling overwhelmed. Open a discussion with your workplace colleagues so that there’s a deadline for sharing important info in the evenings to give you much needed respite.

Take a look at this link to learn about a different perspective of managing your worries:

"Focus on what you can control, don’t waste energy on the things you cannot."