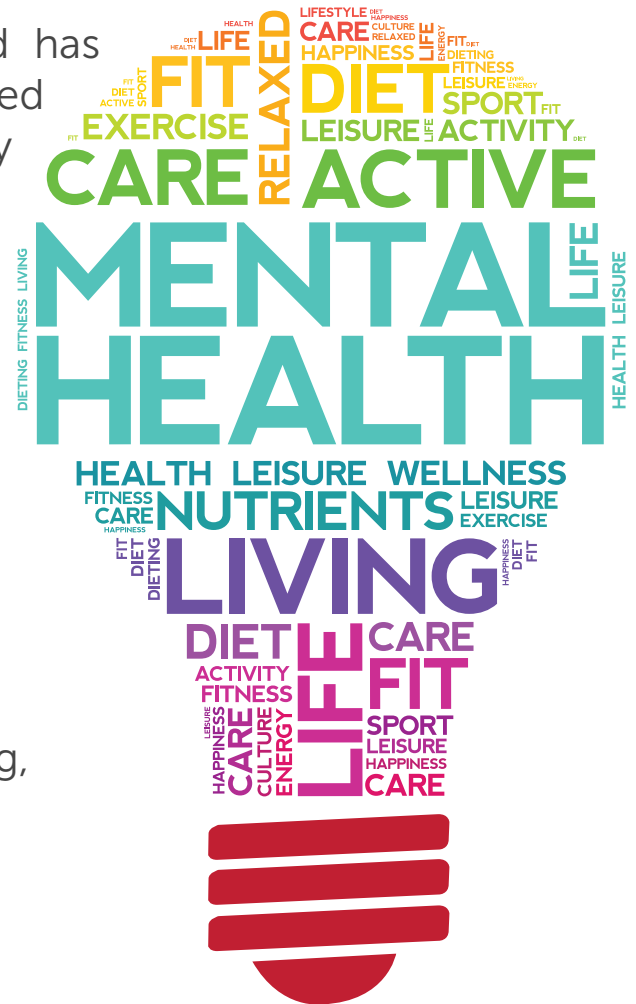


How to Reduce Stress during COVID-19

Stress during COVID-19

The COVID-19 (coronavirus) is new and has appeared across the world. It has disrupted daily routines, which has created anxiety and fear. These feelings are normal but can cause tremendous stress. Stress can have huge impacts on families and can make things feel like they are out of control. It is essential to know how to recognize stress and how to manage it.



Recognizing Stress

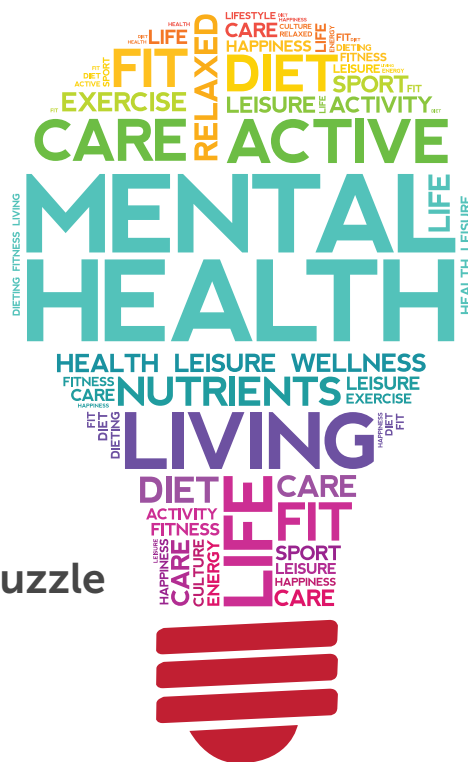
If you are experiencing any of the following, you may be feeling elevated stress levels:

- **Having trouble sleeping or relaxing**
- **Loss of appetite or eating too much**
- **Increased frustration or anger**
- **Increased worrying**
- **Increased or decreased energy/activity levels**
- **Wanting to be excessively alone**
- **Increased use of alcohol or drugs**

How to Reduce Stress during COVID-19

The feelings related to stress are manageable.

- Connect with family and friends in other homes through phone calls or video chat.
- Exercise by taking walks, stretching, in-home workout, jogging, etc.
- Attend spiritual service through the internet or TV
- Share seasonal traditional activities or foods
- Art: paint, play or listen to music, do beadwork, sew, dance
- Do a word search, Sudoku or crossword puzzle
- Limit social media and news watching
- Relaxation exercises: deep breathing and meditation
- Audiobooks, podcast, reading
- Laughter



Local Resources

If you or someone you know are experiencing a mental health crisis, call: 911 or take them to the emergency room.

For further questions about services or resources, please contact Behavioral Health Services at (602) 528-7100. Additional contact info: National Suicide Prevention Lifeline 1-800-273-8255 Gila River Indian Community Crisis Line 1-800-259-3449 Teen Lifeline (AZ Stateline) 1-800-248-8336