Stress and COVID-19
Managing Stress During Challenging Times

Disaster Distress Helpline
PHONE: 1-800-985-5990 TEXT: “TalkWithUs” to 66746

What is Stress?

Stress is the way we react emotionally, mentally, and physically to situations that we find difficult, threatening, or unmanageable.
Stress and COVID-19

It is common to feel stress symptoms in anticipation of, during, or after a crisis. The current COVID-19 crisis is having a devastating impact on people’s lives:

- Concern about your health
- Concern about loved ones
- Job loss/uncertainty about job security
- Loss of/reduced income
- Future financial insecurity
- Isolation
- Lack of supplies
- Discrimination

Participation

Throughout this workshop we’ll invite you to participate in a few LIVE surveys and we’ll look at the results together.

In order for you to participate, please text didispc to 22333 and join the session.

Give one word answers or hyphenate a multi-word-response.
Signs of Stress

- Eating or sleeping too much or too little
- Pulling away from people and things
- Having low or no energy
- Having unexplained aches and pains, such as constant stomachaches or headaches
- Feeling helpless or hopeless
- Excessive smoking, drinking, or using drugs, including prescription medications
Signs of Stress

- Inability to stop worrying
- Increased anger/decreased patience
- Difficulty concentrating or remembering things
- Hard to focus on a book, a movie, a conversation...
- Difficulty adjusting to home life
- Thinking of hurting or killing yourself or someone else

Coping with Stress
From Coping to Not Coping

What happens when stress piles up?

I can’t see what’s on the other side!

Help Me?

Suicide Prevention Center
Help Me?

• When I feel agitated, do I know how to calm myself?
• Can I easily let go of my anxiety, frustration, anger...?
• Can I turn to others at work, friends, or family to help me calm down and feel better?
• Am I often distracted or moody?
• Am I picking fights?
• When my energy is low, do I know how to boost it?
**Coping**

When you don’t manage stress, it will manage you...

**ASK FOR HELP!**

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**Barriers to Reaching Out**

Why might people hide their distress?

- I don’t want others to judge me
- I NEED to be strong!
- I can’t fall apart
- My family is counting on me
- Others have it so much worse
- I should know how to handle this
- Nothing can be done
- I’m scared

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### How Do You Cope?

Coping and COVID-19

1. Turn Off The NEWS!
2. Get correct information:
   a. 211
   b. CDC
   c. Department of Public Health
3. Maintain routines
4. Physical activities
5. Isolation in moderation: Zoom, Slack, WhatsApp
6. Pets
7. Creativity
Thinking Outside The Box

1. Become an Influencer
2. Volunteer
3. Grocery shopping/errands
4. Cooking/catering
5. Cleaning/disinfecting
6. Make a list of your marketable skills:
   a) What is needed right now?
   b) How can you help?

Coping

SELF CARE = RESILIENCE
Reach Out

Sandri Kramer
skramer@didihirsch.org

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800-985-5990
Suicide Prevention Lifeline:
800-273-8255