



THE CENTENNIAL BRIEFING



CHEYENNE · ELBERT · KIT CARSON · LINCOLN · LOGAN · MORGAN · PHILLIPS · SEDGWICK · WASHINGTON · YUMA

Our mission is to achieve excellence in the provision of behavioral health services that lead to optimal health and well being

MANAGING STRESS DURING STRESSFUL SITUATIONS

CARE FOR YOURSELF WHILE KEEPING SOCIAL DISTANCE

During times of high stress, our ability to function at an optimal level is diminished. Managing stress is an art form. You must actively implement and practice those activities that help YOU!

- Caffeine and alcohol - Decrease it!*
- Nutrition - Balance it!*
- Exercise - Do it!*
- Sleep - Increase it!*
- Time outs - 20 minutes NOW!*
- Leisure - Enjoy it!*
- Expectations - Be realistic!*
- Perceptions - Reframe it!*
- Expression - Talk about it!*
- Humor - Laugh about it!*

RESILIENCE AFTER A CRISIS

Resilience is the ability to bounce back and adapt to changes after a crisis. Research shows that most people will be able to carry on and rebuild their lives with little or no professional behavioral health intervention. Resilience can be fostered in communities by instituting a strong sense of self-reliance through preparedness. Residents in a strong community are willing to help one another in a crisis and are optimistic about the future of their community. When people are at risk, they tend to find new ways of responding when the old ways are inadequate, often discovering creative solutions. The American Psychological Association has published a guide entitled "The Road to Resilience" that outlines:

10 strategies for building resilience:

1. Make connections - Good relationships allow for a give and take of support. Helping others find hope increases your resilience.
2. Crisis or opportunity? - Reframing problems as opportunities allows for creative problem solving.
3. Accept change as a part of living - Changes don't seem as bad when you accept they are normal.
4. Set goals - Take steps toward reaching the goals.
5. Take action - Handle things as they come up.
6. Seek opportunities for self-discovery - This may be a chance to prove yourself.
7. Nurture a positive view of yourself - Have confidence and an "I can do it" attitude.
8. Keep things in perspective - Avoid blowing things out of proportion.
9. Maintain hope - Expect good things.
10. Take care of yourself - Drink water, exercise, take breaks. It keeps you prepared for action.

Awesome information brought to you by the Colorado Division of Behavioral Health through NCHD.

HOW TO CARE FOR YOURSELF WHILE PRACTICING PHYSICAL DISTANCING

- EAT HEALTHFULLY** - to keep your body in top working order.
- EXERCISE** - Workout at home or take a solo jog around the neighborhood.
- PRACTICE RELAXATION THERAPY** - Voluntarily tensing and relaxing muscle groups can help you relax voluntarily when feeling overwhelmed or anxious.
- LET LIGHT IN** - Increased exposure to light can improve symptoms of depression. Open the shades and let more sunlight in.
- BE KIND TO YOURSELF** - Treat yourself with the same compassion you would a friend.
- STAY CONNECTED** - Stay connected to loved ones with phone calls, text messages, video chats and social media.
- MONITOR MEDIA CONSUMPTION** - Balance media consumption with other activities you enjoy.

LEARN MORE AT MHFA.ORG

MENTAL HEALTH FIRST AID NATIONAL COUNCIL FOR BEHAVIORAL HEALTH

If you're feeling stressed or nervous during these days of COVID-19, you're not alone. Uncertainty and the sense of not being safe – not to mention physical distancing, round-the-clock news and empty grocery shelves – are stressful. What you're feeling is common around the world.

We know you're looking for ways to take care of yourself. MHFA has compiled these tips from the Mental Health First Aid curriculum to help you care for your own and your loved ones' mental health. If you or someone you care about feels overwhelmed with emotions like sadness, depression or anxiety, or like you want to harm yourself or others call 911. You can also contact the Substance Abuse and Mental Health Services Administration's (SAMHSA) Disaster Distress Helpline at 800-985-5990, the National Suicide Prevention Lifeline at 800-273-8255 or text MHFA to 741741 to talk to a Crisis Text Line counselor.

KEEP CALM AND CONTINUE TO
Move Lives Forward
also...wash your hands