STRESS AND ANXIETY DURING COVID-19

"Looking behind, I am filled with gratitude, Looking forward, I am filled with vision, Looking upwards I am filled with strength, Looking within, I discover peace.” ~Quero Apache Prayer~

WHY IS STRESS/ANXIETY PREVENTION IMPORTANT

Health impacts (!)
- Loss of appetite
- Sleeping problems
- Worsening of chronic health condition
- Increase use of alcohol/other substances

WAYS TO COPE

- Focus on gratitude (1)
  - Praying
  - Smudging
- Find social support (1,2)
- Have a plan of action (2)
- Take care of your physical and emotional health (1,2)
- Limit your exposure to the news and social media (2)
- Seek a traditional healer (1)
- Avoid excess use of alcohol and drug use (2)

WHO IS VULNERABLE?

- Children and teens
- Certain racial and ethnic minority groups
- Frontline workers
- Essential workers
- Those with disabilities
- Those who lost jobs or major changes in employment
- Those caring for others
- Those experiencing homelessness
- Those living in congregate settings
- Those with underlying health conditions
- Those who use substances or have substance use disorders

WAYS TO COPE

- Limit your exposure to the news and social media (2)
- Seek a traditional healer (1)
- Avoid excess use of alcohol and drug use (2)

RESOURCES

- Disaster Distress Helpline: CALL or TEXT 1-800-985-5990 (press 2 for Spanish), National Suicide Prevention Lifeline: 800-273-TALK (8255) for English, 1-888-628-9454 for Spanish
- Domestic Violence Hotline: 1-800-799-7233 or text LOVEIS to 25252
- Child Abuse Hotline: 1-800-4AChild (1-800-422-4453) or text 1-800-422-4453
- 5 Steps Communication
- How are you feeling

SOURCE:
1. HTTPS://WWW.NATIVEWELLNESS.COM/UPLOADS/4/6/7/8/4678037/GRIEFANDLOSSAGENDAHANDOUTPACKET.PDF