



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~

<https://humanrights.iowa.gov/cas/na>

WHY IS STRESS/ANXIETY PREVENTION IMPORTANT

Health impacts (1)

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



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 22522

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](https://www.nativewellness.com/uploads/4/6/7/8/4678037/GRIEFANDLOSSAGENDAHANDOUTPACKET.PDF)
2. [HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/DAILY-LIFE-COPING/MANAGING-STRESS-ANXIETY.HTML](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html)

