

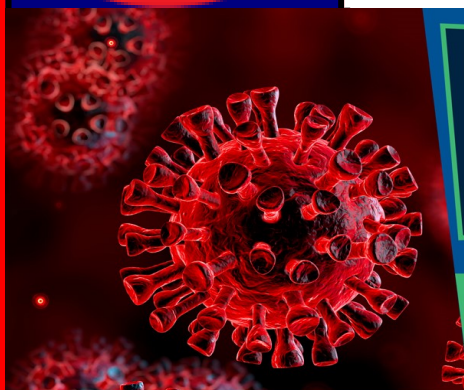
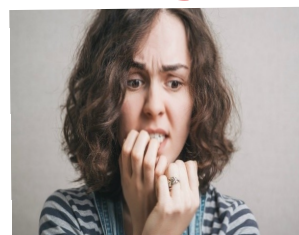


SEALS Health News

VOLUME V, ISSUE 5

JANUARY 2021

Tips and Advice for Coping during Coronavirus



Let's Talk About
**Coping with
COVID-19.**

**Share science.
Share hope.**



National Institute
of Mental Health

www.nimh.nih.gov/shareNIMH

isolated and lonely and can increase stress and anxiety. However, these actions are

- Worsening of chronic health problems.
- Worsening of mental health conditions.
- Increased use of tobacco, and/or alcohol and other substances.

Coping with stress in a healthy way will make you, the people you care about, and your community stronger.

Coping Strategies

Social distancing, quarantine, and isolation can be overwhelming and cause strong emotions in adults and children. Finding ways to cope with stress in a healthy way will make you, the people you care about, and your community stronger.

Fear and anxiety about this virus and what could happen can be overwhelming and cause strong emotions in adults and children. Public health actions, such as social distancing, can make people feel

necessary to reduce the spread of COVID-19. Stress during an infectious disease outbreak can sometimes cause the following:

- Fear and worry about your own health and the health of your loved ones, your financial situation or job, or loss of support services you rely on.
- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.

Everyone reacts differently to stressful situations

How you respond to stress during the COVID-19 pandemic can depend on your background, your social support from family or friends, your financial situation, your health and emotional background, the community you live in, and many other factors. The changes that can happen because of the COVID-19 pandemic and the ways we try to contain the spread of the virus can affect anyone.

4 SELF CARE TOOLS FOR LIVING WITH ANXIETY

MENTAL HEALTH FIRST AID USA



RELAXATION TRAINING

tensing and relaxing various muscle groups can help someone voluntarily relax.



EXERCISE

getting up and moving for 30 minutes a day (think walking, jogging or lifting weights) can help mitigate some symptoms of anxiety.



SELF-HELP BOOKS BASED ON CBT

books using theories of cognitive-behavioral therapy can help someone work through periods of heightened anxiety.



MEDITATION

learning to clear your mind through meditation can be a great tool to alleviate anxiety and stay present.



source: Mental Health First Aid USA
for more info: mentalhealthfirstaid.org

TAKE CARE OF YOUR MENTAL HEALTH

Mental health is an important part of overall health and well-being. It affects how we think, feel, and act. It may also affect how we handle stress, relate to others, and make choices during an emergency.

People with pre-existing mental health conditions or substance use disorders may be particularly vulnerable in an emergency.

Mental health conditions (such as depression, anxiety, bipolar disorder, or schizophrenia) affect a person's thinking, feeling, mood or behavior in a way that influences their ability to relate to others and function each day. These conditions may be situational (short-term) or long-lasting

(chronic). People with preexisting mental health conditions should continue with their treatment and be aware of new or worsening symptoms. If you think you have new or worse symptoms, call your healthcare provider.

Healthy ways to cope with stress

Know what to do if you are sick and are concerned about COVID-19. Contact a health professional before you start any self-treatment for COVID-19.

Know where and how to get treatment and other support services and resources, including counseling or therapy (in person or through telehealth services).

Take care of your emotional health.

Taking care of your emotional health will help you think clearly and react to the urgent needs to protect yourself and your family.

Take breaks from watching, reading, or listening to news stories, including those on social media. Hearing about the pandemic repeatedly can be upsetting.

Take care of your body.

- * Take deep breaths, stretch, or meditate.
- * Try to eat healthy, well-balanced meals.
- * Exercise regularly.
- * Get plenty of sleep.
- * Avoid excessive alcohol and drug use.
- * Make time to unwind. Try to do some other activities you enjoy.
- * Connect with others. Talk with people you trust about your concerns and how you are feeling.
- * Connect with your community- or faith-based organizations.

Do I Need Help?

My Mental Health: Do I Need Help?

First, determine how much your symptoms interfere with your daily life.



Do I have mild symptoms that have lasted for less than 2 weeks?

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others



If so, here are some self-care activities that can help:

- Exercising (e.g., aerobics, yoga)
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- Eating healthy
- Talking to a trusted friend or family member
- Practicing meditation, relaxation, and mindfulness

If the symptoms above do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.



Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm



Seek professional help:

- Psychotherapy (talk therapy)—virtual or in person; individual, group, or family
- Medications
- Brain stimulation therapies

For help finding treatment, visit www.nimh.nih.gov/findhelp.

If you are in crisis, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or text the Crisis Text Line (text HELLO to 741741).



National Institute
of Mental Health

www.nimh.nih.gov/findhelp

Recovering from COVID-19 or ending home isolation

It can be stressful to be separated from others if you have or were exposed to COVID-19. Each person ending a period of home isolation may feel differently about it.

Emotional reactions may include:

- Mixed emotions, including relief.
- Fear and worry about your own health and the health of your loved ones.
- Stress from the experience of having COVID-19 and monitoring yourself, or being monitored by others.
- Sadness, anger, or frustration because friends or loved ones have fears of getting the disease from you, even though you are cleared to be around others.
- Guilt about not being able to perform normal work or parenting duties while you had COVID-19.
- Worry about getting re-infected or sick again even though you've already had COVID-19.
- Other emotional or mental health changes.

Children may also feel upset or have other strong emotions if they, or someone they know, has COVID-19, even if they are now better and able to be around others again.



Coping with COVID-19

**Take breaks
from the news**



**Take care
of your body**

**Make time to
unwind**



**Connect with
others**

**Set goals
and priorities**



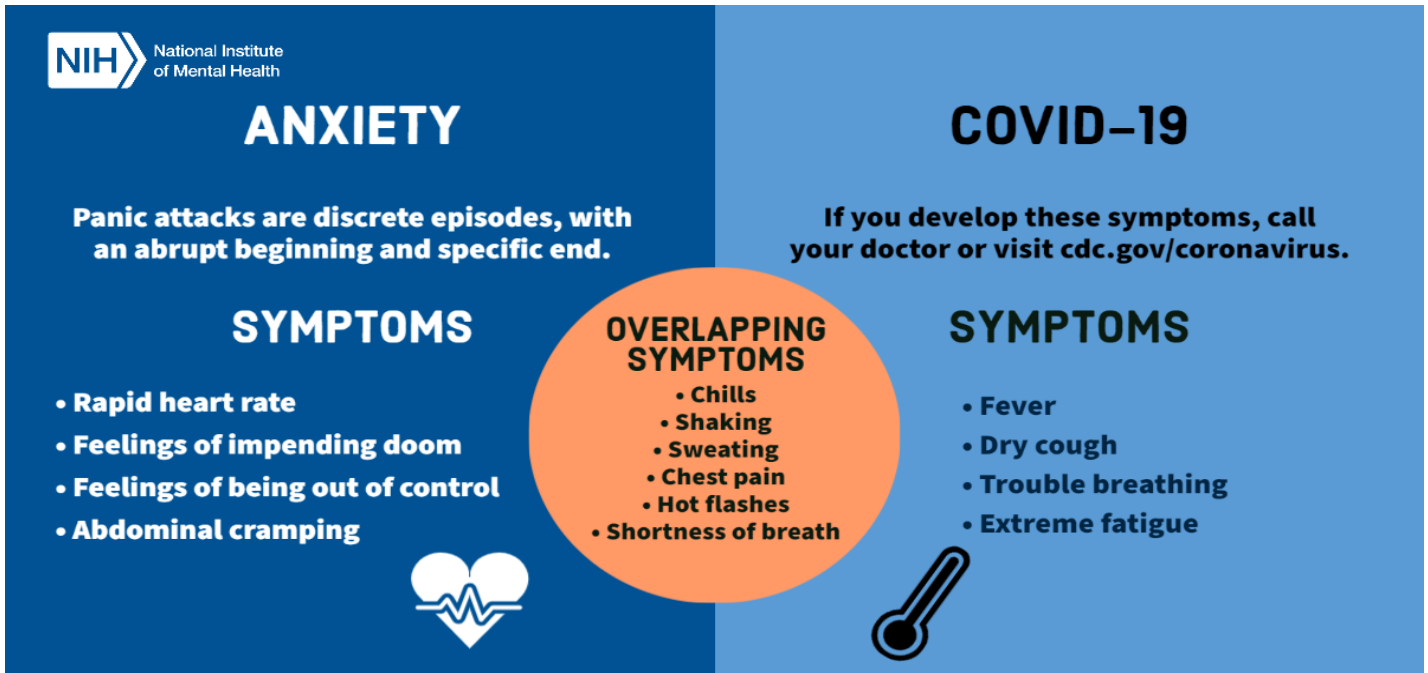
**Focus on
the facts**

Living with Mental Illness during COVID-19 Outbreak– Preparing for your wellness

Just as individuals with pre-existing physical illness are more likely to get physically ill from the coronavirus, people whose mental health is compromised are at greater risk of experiencing worsening mental illness as a result of the coronavirus – no matter what their

were anxiety can bring on a panic attack. Panic attacks can mimic heart attacks. Individuals who have never experienced panic attacks may be inclined to go to the ER due to their symptoms, but at this time ERs are inundated. It may

to get to the drug store to fill it. Contact your pharmacy to see if they provide delivery services or if they can provide you a longer supply (30 days versus 90 days) Keep the routines that make you feel good, and try to modify



mental illness may be.

Clinical anxiety is a concern at times like this. It is understandable and expected that people will experience worry and stress during this time. However, for individuals living with mental health conditions, it is important to know when these natural emotions are becoming anxiety.

Anxiety is a treatable clinical condition that should not be left untreated. Testing for anxiety is simple and takes just a few minutes. It can be done at home using a free, anonymous, and confidential online tools.

It is important to know that se-

be helpful to try to determine what brought on these symptoms and attempt grounding exercises to alleviate the panic. If you feel your life is in danger, please get help immediately.

Mental health conditions are by nature isolating, and we want to keep people connected. Create your wellness plan to help you during this time.

Make sure you have enough medication on hand.

Typically prescriptions can be filled a week or so before they run out. Refill them on the first possible day, because that can buy an extra few days of lowered stress about a prescription running out and not being able

the ones that you can. For example, if you typically go to the gym or fitness class, you can exercise at home.

Check to see if local gyms are offering online classes or trial periods for their online sessions.

Create a routine.

Reach out to friends and schedule virtual hangouts.

Find an accountability and support buddy.

If you have a therapist, see if they offer telephone or video-based sessions.

Utilize resources like Crisis Text Lines (see last page)

Selinsgrove Area School District



Disaster Distress Helpline



1-800-985-5990



TEXT: "TalkWithUs" to 66746



DisasterDistress.samhsa.gov

SAMHSA

HHS.gov

500 N. Broad St

Selinsgrove Pa 17870

Information brought to you by:
CDC, HHS, NIH, Mental Health
First Aid

Take Care of Your Mental Health

You may experience increased stress during this pandemic. Fear and anxiety can be overwhelming and cause strong emotions.

Call your healthcare provider if stress gets in the way of your daily activities for several days in a row. Free and confidential resources can also help you or a loved one connect with a skilled, trained counselor in your area.

Get immediate help in a crisis

Call 911

Disaster Distress Helpline: 1-800-985-5990 (press 2 for Spanish), or text TalkWithUs for English or Hablanos for Spanish to 66746. Spanish speakers from Puerto Rico can text Hablanos to 1-787-339-2663.

National Suicide Prevention Lifeline: 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish, or Lifeline Crisis Chat.

National Domestic Violence Hotline: 1-800-799-7233 or text LOVEIS to 22522

National Child Abuse Hotline: 1-800-4AChild (1-800-422-4453) or text 1-800-422-4453

National Sexual Assault Hotline: 1-800-656-HOPE (4673) or Online Chat

The Eldercare Locator 1-800-677-1116 TTY Instructions

Veteran's Crisis Line: 1-800-273-TALK (8255) or Crisis Chat or text: 8388255

Find a health care provider or

treatment for substance use disorder and mental health

SAMHSA's National Helpline: 1-800-662-HELP (4357) and TTY 1-800-487-4889

