

AS THE COMMUNITY CONTINUES TO RESPOND TO THE COVID19 OUTBREAK, CHANGES TO OUR DAILY ROUTINES AND SOCIAL ISOLATION CAN INCREASE STRESS AND BE OVERWHELMING.

STRESS DURING AN INFECTIOUS DISEASE OUTBREAK CAN INCLUDE:

- FEAR AND WORRY ABOUT YOUR OWN HEALTH AND THE HEALTH OF YOUR LOVED ONES
- CHANGES IN SLEEP OR EATING PATTERNS
- DIFFICULTY SLEEPING OR CONCENTRATING
- WORSENING OF CHRONIC HEALTH PROBLEMS
- INCREASED USE OF ALCOHOL, TOBACCO, OR OTHER DRUGS

GETTING SUPPORT IS ESPECIALLY IMPORTANT FOR ANYONE WITH PREEXISTING MENTAL HEALTH OR SUBSTANCE USE CONDITIONS WHICH CAN WORSEN IN TIMES OF INCREASED STRESS AND ISOLATION.

CHILDREN AND TEENS ARE MORE LIKELY TO EXPERIENCE STRONG RESPONSES TO THIS STRESS.

- ANSWER QUESTIONS AND SHARE FACTS ABOUT COVID19 IN A WAY THAT YOUR CHILD OR TEEN CAN UNDERSTAND.
- REASSURE YOUR CHILD OR TEEN THAT THEY ARE SAFE. LET THEM KNOW IT IS OK IF THEY FEEL UPSET.
- SHARE WITH THEM HOW YOU DEAL WITH YOUR OWN STRESS SO THAT THEY CAN LEARN HOW TO COPE FROM YOU.

OUR BEHAVIORAL HEALTH TEAMS ARE HERE TO HELP YOU COPE WITH STRESS, SO THAT YOU, THE PEOPLE YOU CARE ABOUT, AND THE COMMUNITY CAN BECOME STRONGER AND MORE RESILIENT DURING THESE DIFFICULT TIMES.

