

## **Coping with Stress During the COVID-19 Outbreak**

It is important that you keep current regarding information about the COVID-19 outbreak. However, this information can be stressful and lead to some emotional problems. It is important that you take care of your mental health during this time.

### **Monitor yourself for signs of stress...**

- Changes in usual energy levels include increases in nervous energy or feeling very tired and having no energy
- An increase in your alcohol, tobacco use, or use of illegal drugs
- Overwhelmed by mixed emotions such as fear, anxiety, anger
- Trouble relaxing or sleeping
- Problems concentrating or remembering things
- Becoming tearful easily
- Wanting to be alone
- Headaches/body aches
- Changes in appetite
- Feeling overwhelmed about making decisions or solving problems

### **Take care of yourself and your loved ones...**

- Use reliable sources for information such as the Center for Disease Control: [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus)
- Use social media to connect with others; do not use it for information about the virus
- Focus on all of the things you can do to help keep yourself healthy- frequent handwashing, social distancing, eating health, meditating, exercising, deep breathing, prayer, etc.

**Firelands is here for you, our offices are open.**

**Please call the office nearest you for services.**

**We are able to provide services by telephone so you can stay in the comfort of your home during this time.**

**Our Hotline is available 24 hours per day, every day at  
1-800-826-1306.**

Services are funded, in part, by the Mental Health and Recovery Board of Erie & Ottawa Counties; Huron County Board of Mental Health & Addiction Services; Mental Health and Recovery Services Board of Seneca, Sandusky and Wyandot Counties; and Mental Health, Addiction and Recovery Services Board of Lorain County.

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