

COPING WITH STRESS

It's normal to feel sad, stressed, confused, scared, or angry.

Each day, you show compassion and courage in your care for others, and it is critical that you take time to care for your own mental, physical, and emotional health as well.

RECOGNIZE SYMPTOMS OF STRESS

Irritation, anger, or denial
Uncertainty, nervousness, anxiety
Feeling helpless or powerless
Lacking motivation
Feeling tired, overwhelmed, or burned out
Difficulty sleeping
Difficulty concentrating



SEEK PROFESSIONAL HELP

for physical and mental health needs. If you feel you may be misusing alcohol or other drugs, ask for help.



MAINTAIN A HEALTHY LIFESTYLE

as best as you can with proper diet, adequate sleep and exercise, and social interaction with loved ones at home or online



GATHER FACTUAL INFORMATION

from credible sources to help you accurately determine your risk and take reasonable precautions.



AVOID BAD MEDIA

Lessen the time you spend watching or listening to media coverage of news that you find upsetting – give yourself a mental break.

REMEMBER...

everyone is in an unusual situation with limited resources. Identify and accept those things you do not have control over. Remember you are performing a crucial role and you are doing the best you can with the resources available.