

TAKE CARE OF YOUR EMOTIONAL HEALTH

STAFF RESOURCES

News of the coronavirus, COVID-19, is everywhere heightening anxiousness and stress. Anxiety is what we feel when we are worried, tense or afraid, particularly about things that are happening, or which we think could happen in the future. These signs are normal, and during this time, one's own physical and mental health should be monitored. The listed resources provide tools and techniques to reduce negative effects and to improve the ability to function in a controlled and calm space.



MANAGE ANXIETY & STRESS

cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html



COPING WITH STRESS

store.samhsa.gov/system/files/sma14-4885.pdf

It is important that basic needs are taken care of to decrease stress. Self-care is vital for building resilience toward those stressors in life that can't be eliminated. When you take steps to engage in taking care of self, you'll be better equipped to manage your mind, body and spirit. Ask yourself the basic questions below. Assess which areas need more attention. Create a plan to address areas that are being neglected.



PHYSICAL SELF-CARE

- Are you getting adequate sleep?
- Is your diet fueling your body well?
- Are you taking charge of your health?
- Are you getting enough exercise?



MENTAL SELF-CARE

- Are you making enough time for activities that mentally stimulate you?
- Are you doing proactive things to help you stay mentally healthy?



EMOTIONAL SELF-CARE

- Do you have healthy ways to process your emotions?
- Do you incorporate activities into your life that help you feel recharged?
- Are you engaging in spiritual practices that you find fulfilling?