

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.

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**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.