

May is Mental Health Awareness Month

COVID-19 has changed life for everyone. Not only is it important to protect yourself physically from the virus, but to protect your emotional health as well.



Know the Signs Of Stress

Following are examples of behavioral, physical and emotional signs of anxiety and stress.

BEHAVIOR:

- Increase/decrease in energy or activity
- Increase in alcohol, tobacco or illegal drugs
- Increase in irritability, angry outbursts, frequent arguing
- Trouble relaxing or sleeping
- Worrying excessively, crying
- Wanting to be alone most of the time
- Inability to feel pleasure or have fun

BODY:

- Stomachaches or diarrhea
- Headaches and other pains
- Loss of appetite or overeating

EMOTIONS:

- Being anxious or fearful
- Feeling depressed or sad
- Feeling guilty
- Feeling angry

Need Help?

If you or someone you know is feeling overwhelmed with emotions like sadness, depression or anxiety, or threatens to harm themselves or someone else:

- Call 911
- [Disaster Distress Helpline](#), 1-800-985-5990 or text TalkWithUs to 66746
- [National Domestic Violence Hotline](#), 1-800-799-7233
- [National Suicide Prevention Lifeline](#), 1-800-273-8255
- [SAMHSA National Helpline](#), 1-800-662-4357
- [Stanislaus County Crisis Services](#), 1-209-558-4600
- [Employee Assistance Program \(EAP\)](#), 1-877-533-2363
- [Click here](#) to view the entire fact sheet from the Substance Abuse and Mental Health Services Administration (SAMHSA).
- [Click here](#) for more information on Stress and Coping from the Centers of Disease Control (CDC).

Ways to Cope With Stress

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body.
 - Take deep breaths, stretch, or meditate
 - Try to [eat healthy, well-balanced meals](#).
 - [Exercise regularly](#) and [get plenty of sleep](#)
 - [Avoid alcohol](#) and drugs
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

