



COPING WITH STRESS

Fear and anxiety can be overwhelming and cause strong emotions in people. Coping with stress will make you, the people you care about, and your community stronger.

According to the CDC, stress during an infectious disease outbreak can include:

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs

Things you can do to help relieve 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, get plenty of sleep, and 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.

Resources: Center for Disease Control and Prevention

Coping with a disaster or traumatic event:

<https://emergency.cdc.gov/coping/index.asp>

Helping Children Cope with an Emergencies

<https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

Emergency Responders: Tips for taking care of yourself

<https://emergency.cdc.gov/coping/responders.asp>

CT Department of Public Health

www.ct.gov/dph/coronavirus

Department Mental Health and Addiction Services

<https://portal.ct.gov/DMHAS/Newsorthy/News-Items/DMHAS-Response-to-COVID-19>



On-Line Wellness Center

Visit the websites of fitness centers in your community for on-line wellness options.

Central Coast YMCA Virtual Wellness Center

<https://cccymca.org/blog/2020/03/18/for-your-health-well-being-2/>

Fitness Edge Fitness Guide

https://www.theedgefitnessclubs.com/locations/connecticut/trumbull/?utm_source=gmb&utm_medium=organic&utm_campaign=yext

LA Fitness Living Healthy Podcast

<https://blog.lafitness.com/living-healthy-podcast/>

Planet Fitness Mobile App

<https://www.planetfitness.com/mobileapp>

Other Resources:

DMHAS Southwest CT Mental Health System Crisis
203-358-8500

National Domestic Violence Hotline
1-800-799-7233

SAMHSA's National Helpline
1-800-662-4357

Greenwich Department of Health
203-622-7836

Greenwich Department of Human Services
203-622-3800
