Self-Care in times of a pandemic

- The pandemic is a major stressor that affects our physical and mental health.
- It has changed:
 - ➢ Our social life
 - ➢ Our school and work
 - ➢ Our finances
- ★ We may worry about:

 - Infecting our loved ones
 - Money
 - Health insurance
 - Immigration status
 - The future

₩ We might feel:

- ★ Tired
- Frustrated
- ➢ Helpless
- Alone
- Bored
- Angry
- □ Down
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Phone Numbers

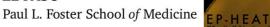
Emergencies call 9-1-1

EHN mental health crisis hotline 915-779-1800 or 1-877-562-6467

National
Suicide
Prevention
Hotline
1-800-2738255

Center Against Sexual and Family Violence Hope Line 915-593-7300









You are not alone!

- Feeling fear is a normal reaction from our body that protects us.
- However, fear can become a problem when it's with us every day or when it affects our daily lives.
- Some of us have lost someone.
- We need to be aware of what we are feeling and ask for help if we feel we can't take it anymore.
- ★ Some people can take those emotions and turn them into unhealthy habits such as drinking too much, smoking and using drugs.

- ★ Some people feel they want to hurt themselves. If you are feeling like this call 911.
- wrongfully hit, slapped, kicked, or abused in any other way by family members or strangers. This is not right and you can get help. Call Department of Family and **Protective Services 1-800-252-5400** or the Center Against Sexual and Family Violence 915-593-7300.

Phone Numbers

Emergencies call 9-1-1

Report child abuse and neglect. Call Department of Family and Protective Services 1-800-252-5400

EHN mental health crisis hotline 915-779-1800

National
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How can you take care of your mental health?



- Watching the news and social media keeps us informed, but too much can increase worry.
- Keep a schedule for your day.
- Go to bed and wake up at the same time every day.
- Don't use the cell phone or TV before going to sleep.
- Try to keep a positive attitude. You are protecting yourself and others.
- ★ Remember that the pandemic will end!

- Ask for help if the pandemic is affecting your life too much.
- Call long-lost friends and family members.
- ★ Try to eat as healthy as you can and exercise for 30 minutes every day.
- Find a hobby.
- ★ Keep in touch with close friends at a distance!
- ▼ Follow CDC guidelines such as using face masks.

 ▼
- Pay attention to what you are feeling.
- Keep an eye on each other's stress.

- Know that you are playing an important role in this pandemic.
- ★ Talk to someone if you are very sad, worried, or nervous.
- ★ Remember that we are social distancing, but you are not alone.
- Find an online social group such as a book club.
- Check on your loved ones often, especially if they have a mental health condition or are elderly.