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
  - Our plans

- We may worry about:
  - Getting infected
  - Infecting our loved ones
  - Money
  - Health insurance
  - Immigration status
  - The future

- We might feel:
  - “Burned out”
  - Tired
  - Scared
  - Frustrated
  - Helpless
  - Alone
  - Bored
  - Angry
  - Down
  - Confused

Phone Numbers

Emergencies call 9-1-1

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

National Suicide Prevention Hotline
1-800-273-8255

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

Texas Tech University Health Sciences Center, El Paso
Paul L. Foster School of Medicine
Feeling stress is a normal reaction from our body that protects us.

However, stress can become a problem when it’s with us every day or when it affects our daily lives.

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.

Some people are 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 the Department of Family and Protective Services 1-800-252-5400 or the Center Against Sexual and Family Violence 915-593-7300.

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

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National Suicide Prevention Hotline 1-800-273-8255
How can you take care of your mental health?

- **Set limits!** 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** at 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.
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