

# 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



# 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**.
- ✧ 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 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

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

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EHN mental health crisis hotline 915-779-1800

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National Suicide Prevention Hotline 1-800-273-8255

# How can *you* take *care* of your mental health?



- ✧ **Set a limit!** 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.