

COVID-19 & Your Mental Health

TIPS TO MANAGE FINANCIAL & EMOTIONAL STRESS

Fear and anxiety about the unknown is quite common. The Coronavirus has definitely caused much uncertainty, stress, and fear over the last couple of weeks. An important reminder: coping with stress will help you, the people you care about, and the community grow stronger together.

We are all in this together.

SIGNS OF STRESS:

- Fear and worry of health (yourself and others)
- Concerns about financial/job security
- Changes in eating and/or sleeping patterns
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs

**Are you concerned about making ends meet?
Brookings county has several resources available.
Call 605-697-2850 to learn more.**

COPING SKILLS:

- Take breaks from watching/listening/reading news coverage.
- Take care of yourself:
deep breaths, stretch, meditate, eat healthy, get enough sleep, exercise regularly.
- Make time for activities you enjoy.
- Connect with others:
Social distancing doesn't mean you can't pick up the phone and call/text/message others.

WE ARE HERE TO HELP.

Noticing signs of stress in yourself or a loved one? Brookings Behavioral Health and Wellness is offering affordable, confidential, telehealth and phone services.

WWW.BROOKINGSIVYCENTER.ORG

605-697-2850



*RESOURCES:
(All Confidential)*

*Avera Farm & Rural Stress Hotline:
1-800-691-4336*

*National Disaster Distress Helpline:
1-800-985-5990*

*Brookings Area United Way:
605-692-4979*

*Brookings Behavioral Health and Wellness:
1-605-697-2850*



BROOKINGS
behavioral health & wellness