

# MANAGING STRESS DURING COVID-19

COVID-19 is creating unique challenges for everyone. Maintaining your mental health is as important as maintaining your physical health during this time. Here are some ways to manage stress during COVID-19!

## Take a Break from the News

Thinking about the pandemic non-stop is overwhelming and upsetting.

Take a break from watching, reading, and listening to the news--this includes taking breaks from social media!



## Take Time

It is especially important to meet your own needs when stress levels are high. Make sure to take time to...

- **Connect with friends** and loved ones by phone call, email, text message, or video chat.
- **Do things you enjoy**, such as listening to music, reading a book, or going for a walk by yourself.
- **Take care of your body** by eating healthy meals, exercising, getting plenty of rest, meditating, and avoiding drugs and alcohol.

## Talk with Someone

It can be helpful to speak with a professional during these difficult times. There are several options available!

- **SAMHSA's** disaster hotline will connect you with a trained disaster counselor to help you work through pandemic-related emotions. Call 1-800-985-5990 or Text "TalkWithUs" to 66746.
- Contact **Center City Counseling** (417-836-3215) or **Ozarks Counseling Center** (417-869-9011) to learn about sliding scale teletherapy options in Springfield.
- In addition to their existing services, **Burrell** is now offering online education and telephonic and videoconferencing therapy for groups and individuals struggling with COVID-19. Call 417-761-5000 to learn more.



For more information about local resources, call 417-893-9609 or visit [www.facebook.com/Jamie.C.H.A](https://www.facebook.com/Jamie.C.H.A)

