

# MANAGE STRESS REACTIONS

- Limit your exposure to media and social media coverage of the event.
- Educate yourself on the pandemic through credible sources.
- Maintain a routine as much as possible.
- Get plenty of rest.
- Engage in regular physical activity.
- Eat a well-balanced diet.
- Keep a sense of humor.
- Maintain contact with friends and family through technology, when possible.

If you or someone you know appears to be experiencing persistent stress reactions or is having a difficult time managing emotions, seek help from your healthcare provider or a behavioral health specialist.

**Disaster Distress Helpline**

-  **1-800-985-5990**
-  **TEXT: "TalkWithUs" to 66746**
-  **DisasterDistress.samhsa.gov**

SAMHSA HHS.gov

# COVID-19 INFORMATION

**KY COVID-19 Hotline:** (800) 722-5725

**KY COVID-19 Website:** [kycovid19.ky.gov](http://kycovid19.ky.gov)

**Center for Disease Control and Prevention:** [cdc.gov/coronavirus](http://cdc.gov/coronavirus)

## CONTACT US

KCCRB  
111 St. James Court,  
Ste. B  
Frankfort, KY 40601



(502) 607-5781  
[kccrb.ky.gov](http://kccrb.ky.gov)

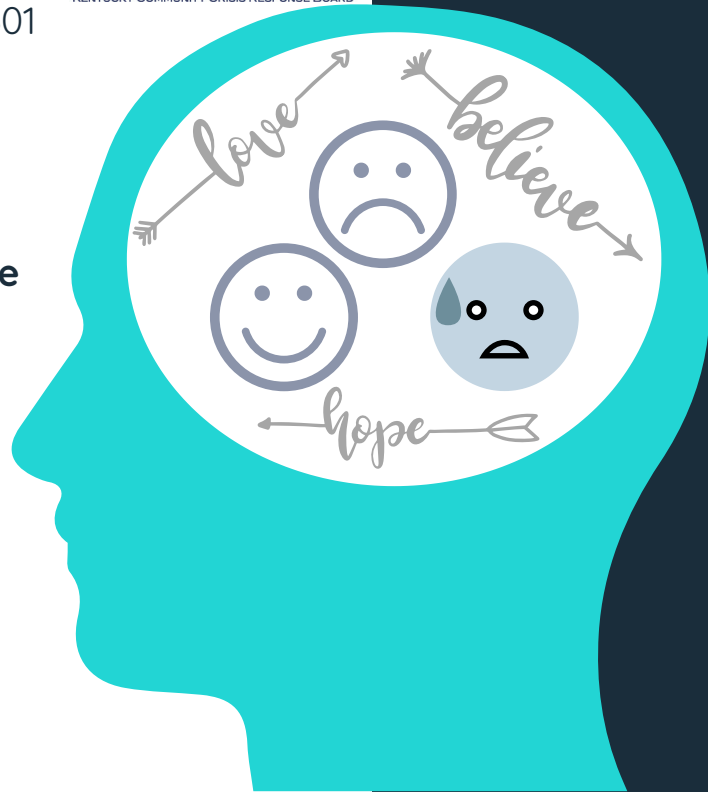
**24-hour Response Request Line**  
**(888) 522-7228**

#TeamKentucky  
#TogetherKY  
#Patriot  
#HealthyAtHome

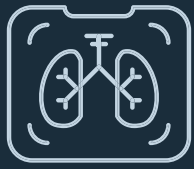
# EMOTIONAL WELLNESS

Coping with stress during the COVID-19 Pandemic

"We will get through this. We will get through this together."  
Governor Andy Beshear



**Kentucky  
Community  
Crisis  
Response  
Board**



## COVID-19 PANDEMIC

Public health emergencies, such as the COVID-19 pandemic, are unlike natural disasters. In natural disasters impacted communities have sensory cues to guide them in assessing the threat and planning a response. In a public health emergency the "threat" is invisible and may not provide any sensory cues.

During times of uncertainty it is normal to experience anxiety or worry. Stress reactions during uncertain times are common and can be managed.

This brochure is intended to provide some basic information on possible stress reactions and suggestions to manage the stress.



# COMMON REACTIONS

## PHYSICAL:

- Headaches
- Fatigue, tiredness
- Rapid heart rate
- Nausea, stomach issues
- Appetite changes
- Elevated blood pressure
- Unexplained aches and pains
- Sleep difficulties

## EMOTIONAL:

- Feeling isolated
- Panic
- Anxiety
- Distrust
- Fear, uncertainty or apprehension
- Intense anger, irritability or agitation
- Sadness or depression
- Feeling overwhelmed
- Intense worry about others
- Denial

## BEHAVIORAL:

- Feeling suspicious
- Inability to relax / rest
- Increase in alcohol and/or drug consumption
- Being overly cautious

## COGNITIVE / MIND:

- Confusion
- Poor concentration
- Preoccupation with the pandemic
- Poor decision making
- Memory issues
- Disturbed thinking

## SPIRITUAL:

- Doubt
- Questioning beliefs or values
- Crisis of faith