

# Dealing with *STRESS*

## During the Covid-19 Outbreak

World Vision

One for Children



It is **normal** to feel sad, distressed, worried, confused, scared or angry during a crisis.



If you feel overwhelmed, **talk** to a health worker, social worker, similar professional, or another trusted person in your community.



**Talk to people you trust.** Contact your friends and family.



**Have a plan** where to go and seek help for physical and mental health and psychosocial needs, if necessary.



**Stay at home,** maintain a healthy lifestyle.



**Get true facts** about your risk and how to take precautions from credible sources.



**Keep in touch** with family and friends through email, phone calls and making use of social media platforms.



**Decrease the time** you and your family spending watching or listening to upsetting media coverage.



**Don't use** cigarettes, alcohol or other drugs to cope with your emotions.



**Draw on skills** that you have used in the past during difficult times to manage your emotions during this outbreak.

Lifted from: WHO. Helping children cope with stress during the 2019-nCoV outbreak (Handout). WHO: Geneva, 2020.

Patients may schedule tele-health services with our QIN Behavioral Health Program which includes Chemical Dependency by calling Tuesday, Wednesday or Thursday between 8:00 AM-4:30 PM at (360) 276-8215 ext. 8325.

If you need to call the after-hours line when the Clinic is not open, please do so by calling (360) 533-8765.