

Coping with Stress During Infectious Outbreak

YOUR BEHAVIOR: □

- An increase or decrease in your energy and activity levels
- An increase in your alcohol, tobacco use, or use of illegal drugs □
- An increase in irritability, with outbursts of anger and frequent arguing □
- Having trouble relaxing or sleeping □
- Crying frequently □
- Worrying excessively □
- Wanting to be alone most of the time □
- Blaming other people for everything □
- Having difficulty communicating or listening □
- Having difficulty giving or accepting help □ Inability to feel pleasure or have fun

If you need help:

- Hopi Behavioral Health Services Weekdays 9 AM—5 PM
(928) 737-6300
- Hopi Police Department: (928) 734-7340 or call 911

Hotline Numbers:

- National Suicide Prevention Hotline: 1(800) 273-TALK (8255)
- Northern Arizona Crisis Hotline: 1(877)-756-4090
- Teen Lifeline (800) 248-8336
- Trevor Lifeline (866) 488-7386
- Stronghearts, Native Helpline 1-(844)-762-8483
- Crisis Text Line: 741-741
- The Disaster Distress Helpline 1(800) -985-5990 or TEXT TalkWithUs to 66746

KEEP YOURSELF HEALTHY: □

- Eat healthy foods, and drink water. □
- Avoid excessive amounts of caffeine and alcohol.
- Do not use tobacco or illegal drugs. □
- Get enough sleep and rest. □
- Get physical exercise

USE PRACTICAL WAYS TO RELAX: □

- Relax your body often by doing things that work for you—take deep breaths, stretch, meditate, wash your face and hands, or engage in pleasurable hobbies. □
- Pace yourself between stressful activities, and do a fun thing after a hard task. □
- Use time off to relax—eat a good meal, read, listen to music, take a bath, or talk to family. □ Talk about your feelings to loved ones and friends often

