



# Behavioral Health Services

"Be strong and steadfast! Do not fear nor be dismayed, for the LORD, your God, is with you wherever you go." *Joshua 1:9*

## HOW TO CARE FOR YOUR WELL-BEING DURING CORONAVIRUS

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger. (CDC: coronavirus disease 2019).

We know that each of us reacts differently to stress. How we respond varies from person to person and is based upon our life experiences. How we respond is also influenced by what we do, our life stage, previous traumatic events in our lives, and the community in which we live. Because of the nature of this disease we may need to learn some new ways of coping with our feelings and new ways of being "together" when we are being asked to distance ourselves. Catholic Charities Behavioral Health Services we would like to share with you some helpful information on ways we can help ourselves and those around us care for our mental health during this difficult time.

During an infectious disease outbreak like this one it is common to express our stress in different ways, these include but are not limited to:

- Changes in sleep patterns (having difficulty falling or staying asleep)
- Difficulty with concentration or focus
- Changes in appetite
- Fear and worry about our health and the health of our loved ones and friends
- Increases in use of alcohol tobacco or other drugs in an effort to cope with unwanted feelings
- Increased irritability
- Increased conflicts with others
- Stress related to perceptions of scarcity (goods, services, healthcare medicines)
- Financial worry
- Uncertainty regarding the future

## Things You Can Do for Self-Care

Taking care of yourself and those around you can be a powerful way to manage the stress associated with this difficult and changeable time. Things you can do to help yourself, otherwise known as self-care is a great start. Self-care is key to maintaining your immune system and mental well-being! Here are some self care actions you can do during these unpredictable times:

1. **Limit excessive news intake:** Designate a time of the day to check updates from a credible source. Too much exposure to news outlets could increase stress and anxiety, possibly putting extra strain on your immune

system.

2. Stay in a routine: Structure builds resilience when times are difficult. Even during times of self-isolation or social distancing by waking up at a regular time, exercising at home, cooking nutritious meals, working from home, if possible. In times when feeling out of control or powerless it's important to focus on what you can control in the present.
3. Reach out to loved ones: Get creative: phone calls, FaceTime, online gaming, or social media. Staying connected to love ones during times of high stress and anxiety allow you to feel emotionally supported. Share how you are really doing and allow others to share with you. This builds connection and feelings that you are not alone in what you/they are going through.
4. Do something that brings you joy! If that's getting lost in a book that you haven't had a chance to finish, binge watching a series, starting a garden, or spending time in nature by visiting a local trail. Spending time outdoors boosts your mood, lowers stress levels, and boosts your immune system!
5. Tend to your spiritual needs: Pray, meditate or journal to unwind and ground yourself from all the chaos. Share the facts: Getting information from credible sources, like those listed below will help you understand what is actually happening and allow you to adjust current and future care plans as needed.
7. Seek help when needed: You can contact us at the number below for support. CCCF and other healthcare providers within the community are offering telehealth services so that you can get the support you need while being at home. CCCF is here to help you connect!!

## Sources of Credible Public Health Information during the Coronavirus Outbreak

**<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>**

For the most up to date information on COVID-19, visit the Centers for Disease Control and Prevention (CDC) webpage. The CDC is a credible source, that not only provides data on the disease but also offers information on how stress from this outbreak can affect a person's mental health. By providing information on how individuals may react to an infectious disease outbreak and provides ways on how to manage this stress. The website also provides additional information specific to parents, first responders and for individuals who have been released from quarantine.

**<https://www.ptsd.va.gov/covid/index.asp>**

Visit the U.S. Department of Veterans Affairs webpage for additional resources for managing stress related to COVID-19. This link also provides specific resources for managing stress for providers, community leaders, and healthcare workers

**<https://store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885>**

Experiencing anxiety is a natural response to stressful situations like an infectious disease outbreak. Would you know what symptoms to look for in yourself or others? Being able to identify levels of high stress within yourself and others gives you the opportunity to apply positive coping skills to relieve that stress. Visit the Substance Abuse and Mental Health Services Administration (SAMHSA) for additional information on symptoms and what to do to manage these symptoms.

<https://www.nami.org/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus>

Are you currently someone diagnosed with a mental health illness? Visit the National Alliance on Mental Illness (NAMI) website for additional support and tips on how to manage if you have noticed an increase in symptoms due to COVID-19. NAMI has a complete NAMI Helpline Coronavirus Information and Resource Guide with valuable information. Having specific resources like this guide can be very useful in times of heightened stress where it can be more difficult to focus or concentrate.

If you or someone you know is in crisis or talks about hurting themselves, Please contact 911. If you or someone you know is having thoughts of suicide, please contact the Suicide Prevention Lifeline: 1-800-273-8255, available 24/7 365 in over 100 languages.

Here is an alternate hotline that provides crisis counseling for natural and manmade disasters:

Substance Abuse and Mental Health Services Administration's (SAMHSA's)  
Disaster Distress Helpline: 1-800-985-5990 available 24/7 365 or text TalkWithUs to 66746.  
(TTY 1-800-846-8517)

### **To reach Catholic Charities of Central Florida Behavioral Health Services**

#### *In English:*

Program Director: Catherine Galda Email: [cgalda@cflcc.org](mailto:cgalda@cflcc.org)

Contact Care Coordinator Kyle Osborn for services

Cell: 407-969-8534 Email: [kosborn@cflcc.org](mailto:kosborn@cflcc.org)

#### *En Español:*

Directora de Programa Catherine Galda Email: [cgalda@cflcc.org](mailto:cgalda@cflcc.org)

Contacte a la Consejera de Salud Mental Rosa para servicios

Cell: (407) 406-1563 Email: [rosa.malagon@cflcc.org](mailto:rosa.malagon@cflcc.org)