

# COPING WITH STRESS AND ANXIETY

Our current situation is something few of us ever imagined. There are so many things that are out of our control. Changes to our lives and routines are coming at such a quick pace that it can be hard to keep up. Everything we're dealing with can lead to a lot of additional stress and anxiety that is overwhelming. Dealing with this stress in a healthy way is essential. [The Center for Disease Control](#) offers a few tips to deal with the stress.

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## TIPS FOR EVERYONE

- **Remember that everyone reacts to stress differently.** How we react to stress depends on our personal history, coping skills, and so much more. Some people may feel more stress from the pandemic than others, like seniors, people with chronic health conditions, children and teens, first responders, essential workers, caregivers, and people with mental illnesses.
- **Stress manifests in many ways.** Stress affects us in many ways, here are some common ways it can show up:

- Worrying about your health and the health of your loved ones
- Changes in sleep and eating patterns
- Trouble sleeping or concentrating
- Worsening of chronic health problems
- Increased use of substances like alcohol, drugs, or tobacco

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- **If you have a preexisting mental health condition it's important that you continue with your treatment.** Continuing your treatment doesn't just mean taking your prescribed medication. It also means keeping tabs on your symptoms and being aware if any of them are worsening. Check in with your mental health professional or primary health provider. Connect with your family and friends and ask how they are doing with all the changes, and take turns getting and giving real answers.
- **Do things to support yourself.** Your instinct may be to help the people around you and make sure they're okay, but taking care of yourself is just as important. Here are a few things you can do to take care of yourself
  - Take a break from the news and social media.
  - Take care of your body. Stretch, meditate, eat well, exercise, and get plenty of sleep.
  - Set aside time to relax.
  - Connect with others. Call, text, or video chat with friends and family.

If you, or anyone you know, is thinking about suicide - hold on. You matter. You have options. Help is available for you 24/7 every single day. You can connect with a counselor.