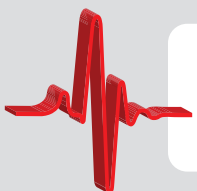


COPING WITH STRESS DURING COVID-19



Experiencing stress during the COVID-19 public health emergency is understandable. When stressed, most people experience different signs and symptoms. Stress can affect how people feel, think and act. Being aware of how stress may affect you and using stress management strategies can help you cope.


Common Signs and Symptoms of Stress



PHYSICAL: Fatigue, headaches, rapid heartbeat and worsening of pre-existing conditions




EMOTIONAL: Feelings of sadness, despair, anxiety, anger and irritability




BEHAVIORAL: Not acting like oneself, experiencing restlessness, being argumentative and experiencing changes in eating, sleeping and substance use

MENTAL: Confusion, forgetfulness and difficulty concentrating or making decisions

Ways to Cope with Stress



Take care of your physical health



Connect with loved ones and your community

Acknowledge how you are feeling

Maintain daily routines



Do something that brings you joy or helps you relax




Remind yourself of your strengths




Limit your screen time

Ways to Cope with Stress and Substance Use

Monitor changes in substance and alcohol use



Avoid using alone or mixing substances, and always have naloxone on hand



Talking to someone may help. Reach out to a friend, family member, faith leader, counselor or support group.

NYC Well is a free, confidential helpline staffed by trained counselors who can provide brief counseling and referrals to care in over 200 languages, including mental health and substance use support services.

Call **888-NYC-WELL** (888-692-9355), text **WELL** to **65173**, or visit nyc.gov/nycwell to chat online.



FOR MORE INFORMATION:

For financial assistance or food assistance, call **311** or visit nyc.gov/311. For resources by ZIP code, visit nyc.gov/health and search **COVID community services**.

For more information on COVID-19, visit nyc.gov/health/coronavirus.