

Coronavirus Disease 2019 (COVID-19)



For additional information:
coronavirus.ohio.gov
1-833-4-ASK-ODH / 1-833-427-5634
Ohio Department of Health
Coronavirus Call Center

Managing Stress

TIPS FOR CARE PROVIDERS AND RESIDENTS

Caring counts. It connects us to others and to something bigger than ourselves. It strengthens relationships, families, and communities. But you can't take care of others if you don't first take care of yourself, especially amid a global pandemic.

Support yourself

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about a stressful event repeatedly, such as COVID-19, can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Take time to unwind. Do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

Stress during an infectious disease outbreak can include:

- Fear and worry about your own health and the health of your loved ones.
- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Worsening of chronic health problems.
- Increased use of alcohol, tobacco, or other drugs.
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes.
- Anger or short temper.



If you're a care provider, please be sure to monitor residents closely for depression and anxiety. As a *Care Provider*, if you're experiencing feelings of hopelessness and suicidal thoughts, please contact 911 or the **Crisis Text Line**. Text the keyword "4hope" to [741 741](tel:741741)1 to be connected to a trained crisis counselor within 5 minutes. You will be connected to someone trained to listen and respond in a method that is private, secure and confidential.

The Crisis Text Line is a free, confidential service available 24/7 via text on mobile devices. Data usage while texting Crisis Text Line is free, and the number will not appear on a phone bill with the mobile service carrier. People of all ages can use Crisis Text Line.

Text the keyword "4hope" to [741 741](tel:741741) to be connected to a trained Crisis Counselor within 5 minutes.

Any person may need help in coping with a stressful situation. Reach out by text to communicate with someone trained to listen and respond in a method that is private, secure and confidential.

The Crisis Text Line is a free, confidential service available 24/7 via text on mobile devices.

Throughout Ohio, you can text the keyword "4hope" to [741 741](tel:741741) to be connected to a trained Crisis Counselor. Data usage while texting Crisis Text Line is free and the number will not appear on a phone bill with the mobile service carrier. People of all ages can use Crisis Text Line.

Other Resources:

The Ohio Department of Mental Health and Addiction Services (OMHAS) Help Line
[1-877-275-6364](tel:1-877-275-6364)

OMHAS Director Lori Criss – Managing Coronavirus Related Stress
https://www.youtube.com/watch?v=wTmJac_eTf8&feature=youtu.be

Disaster Distress Helpline

[1-800-985-5990](tel:1-800-985-5990)

1-800-846-8517 TTY

Text "TalkWithUs" to [66746](tel:66746)

Spanish-speakers: Text "Hablanos" to [66746](tel:66746)

Available 24 hours a day, 7 days a week, year-round

Additional Resources:

Guided Meditation

<http://www.ilivethelifeilove.com/10-best-guided-meditations/>

Meditation Relax Music

<https://www.youtube.com/user/YourRelaxMusic1>

Please contact the Ombudsman with concerns: 1-800-282-1206

VISIT CORONAVIRUS.OHIO.GOV OR CALL [1-833-4-ASK-ODH](tel:1-833-4-ASK-ODH) FOR ANSWERS.



You are not alone.

