



Know the Signs of Stress

For individuals diagnosed with COVID-19 and their families

Recovering from COVID-19 is going to be challenging, and leaving the hospital is the first step. But just because your physical symptoms are gone does not mean that you are back to your 'normal' self.

Experiencing a range of reactions/emotions such as anxiety, fear, and stress during this crisis are normal and stress management is critical. With proper management and self-care, you will continue to safeguard your mental health.

Signs of Stress

- Trouble feeling happiness or only feeling sadness/depression
- Easily frustrated, irritable, blaming others
- Feeling guilty about surviving COVID-19 when others are not
- Lack of feelings, indifference, emotional numbness
- Trouble thinking clearly, harder time focusing your attention, only thinking about COVID-19
- Isolation or disconnection from others
- Poor self-care (hygiene)
- Tired, exhausted, or overwhelmed

Signs of Secondary Traumatic Stress

Secondary traumatic stress: A stress reaction caused by exposure to another individual's traumatic experiences.

- Excessive worry or fear
- Easily startled, "on guard" all the time
- Physical signs of stress (e.g., heart racing)
- Nightmares or recurrent thoughts about the traumatic situation
- The feeling that others' trauma is yours



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Resources

- Call Ochsner Behavioral health for Therapy and/or Medication Management
 - **504-842-4025**
- Louisiana keep calm through COVID hotline
 - **1-866-310-7977** - Free 24/7 Counseling. All calls are confidential.
- Headspace - Guided Meditation
 - **www.headspace.com/covid-19**
- Talkspace - Online Therapy
 - **www.talkspace.com**
- Psychologytoday
 - **www.psychologytoday.com** - To find other therapy options near you

When to Ask for Help

- You are feeling overwhelmed or isolated
- Other coping strategies are no longer working, or you are struggling to implement them
- Thoughts of self-harm or suicide
- Use of alcohol or substances to cope

Remember

- It is okay to focus on yourself and your family.
- Setting boundaries is important—only share information with others that you feel comfortable sharing.
- Coping skills are tools in a tool box. Use what works and try different strategies for different situations.
- You are not alone. We are all in this together.

Coping Skills

- Take breaks
- Eat healthy foods
- Exercise
- Listen to music
- Take a walk
- Meditate
- Practice deep breathing
- Read for pleasure
- Get some sunshine and fresh air
- Play with your pets
- Limit your time on social media and watching the news to no more than 30 minutes per day
- Re-connect with old friends
- Color
- Work on hobbies that you find calming and enjoyable (knitting, wood working, puzzles, fixing up a car, crafting)
- Take your dog for an extra long walk
- Meditate Spend time with family
- Write in a journal
- Limit caffeine and alcohol