

How to Cope and What Works:

- Pay attention to your physical health
- Talk to others about how you are feeling
 - o You need to express your emotions over what has happened
- Do not let yourself feel too isolated
 - o Connect with a friend or engage in an activity, maintaining social distancing and safe practices
- Do not use alcohol or drugs to cope with stress.

Resources

If you feel like you want to harm yourself or someone else, call 911 or the National Suicide Prevention

Lifeline at:

**1-800-273-TALK
(1-800-273-8255)**

For more COVID-19 information and resources, dial **2-1-1**

If you want to talk about your specific feelings and circumstances feel free to reach out to:

2-1-1

Ask for a FEMA COACH



RECOVERING FROM THE EMOTIONAL AFTERMATH OF THE COVID-19 PANDEMIC



Overnight, the COVID-19 Pandemic changed the structures of our current lives.

COVID-19 presented a stressful situation, and your emotional reactions may continue for many months following the pandemic.

You are experiencing normal reactions to an abnormal event

It is important to recognize these feelings and learn practices to effectively cope with them.

Common Feelings

- Fear of dependency or lack of self-sufficiency
- Worry about financial resources
- Grief following the loss of loved ones and friends from COVID-19
- Overwhelming fear of contracting COVID-19
- Loneliness and isolation

Common Reactions & Things to look for:

Your Behaviors:

- Having problems falling asleep or staying asleep
- Isolating yourself or withdrawing from others
- Keeping excessively busy
- Becoming obsessed with safety
- Experiencing more conflicts
- Crying easily or for no apparent reason
- Experiencing a change in your normal appetite
- Drinking alcoholic beverages more

Your Health:

It is common for long-term stress to cause:

- Headaches
- Stomach or intestinal problems
- Colds
- Infections
- Allergies more frequently
- High blood pressure
- Worsening of preexisting medical conditions

Your feelings:

- Just “not yourself”
- Out of balance or easily upset
- Loss of interest in everyday activities
- A sense of despair, hopelessness, or emptiness about the future
- Anxiety or fear, especially when things remind you of COVID-19
- Irritability , shortness of temper, or anger and resentment
- Depression, sadness, or feeling down much of the time

Your Thoughts:

Trouble concentrating or remembering things
Difficulty with making decisions
Frequent replaying of the events and circumstances of the pandemic in your mind
Recurring dreams or nightmares about the pandemic and its impact
Questioning your spiritual or religious beliefs