



CARE NETWORK

EMOTIONAL RELIEF RESOURCES AND STRATEGIES

As the spread of COVID-19 continues to impact many individuals and families, we want to help. We compiled these ideas to help those who are looking for emotional relief resources and strategies.

Managing Anxiety and Stress

If you are experiencing high levels of anxiety during these uncertain times, that is normal. Your body sends you information to alert you whenever it senses a threat. Know that you are processing your anxiety in healthy ways when you're able to stay relaxed and make rational decisions without feeling overwhelmed or withdrawing. Below are some resources to help you manage your anxiety and stress levels. Also included is some information about how to determine when it might be time to ask a counselor or pastor for help.

Six Healthy Tips to Help You Cope During COVID-19

- **Create a routine.** Wake up and go to bed at the same time every day. If you're working from home, establish a start time and an end time. This can help create a sense of normalcy and predictability.
- **Stay connected to others.** Use technology to stay connected to friends, family, and co-workers by calling, texting, emailing, and videoing with one another. Connect with people who will be present, compassionate, and good listeners.
- **Stay connected to your community.** Actively seek ways to stay plugged in. Use technology to watch church services online. Support local businesses by buying gift cards for a later date or buying lunch for those on the front lines (i.e.: hospital staff or organizations that are serving those who are in need). If there are opportunities available, try to help your local schools or nonprofits distribute food and essentials to your community.
- **Take care of your body.** Do things that help you feel better and relieve stress. Eat healthy foods, get plenty of rest, practice stretching and breathing exercises, and move your body daily (e.g., yoga, walking, dancing).

- **Access reliable media resources in small doses.** Stay informed, but limit the amount of time you check the news to once or twice a day to prevent yourself from getting overwhelmed.
- **Limit addictive behaviors.** Distracting yourself and finding ways to seek relief from what's going on around you is normal. However, pay attention to how much time you're spending on television and social media. Limit your caffeine and alcohol intake, as well.

When Is It Time to Ask for Help?

Often we are able to navigate life's challenges by ourselves or with help from family and friends. However, there are times when we need to seek help from a doctor or counselor. Here are a few indicators that it might be time to seek professional help:

- Struggle is preventing you from functioning in a healthy way or is significantly impacting your quality of life.
- It's difficult to resolve an issue through your own ways of coping.
- Your current coping mechanisms (e.g., overuse of alcohol or drugs) are destructive.
- You are overwhelmed to the point where negative emotions are dominating the way you feel.
- You are feeling hopeless and/or losing interest in things that used to bring you joy.
- Negative thoughts are preventing you from thinking clearly and making healthy decisions.
- You're experiencing heightened social conflict or a desire for increased social withdrawal that is difficult to control.

Note that thoughts of self-harm or the desire to harm others require immediate attention, including telling family and friends that care about you and contacting a suicide prevention center and/or other resources listed below. If you feel like you are in immediate danger or are a danger to others, go to a behavioral health hospital (options below) for a free assessment or seek medical attention by dialing 911.

Counseling

If you desire to seek professional counseling, please know that there are wonderful counselors within this area who would be happy to help you.

If you have existing emotional health conditions, please be aware of your symptoms and keep in touch with your mental health professionals and primary care doctors to ensure proper care.

If you would like to speak with a Southside staff member about finding a mental health clinician in your area or if you would like to request prayer, please contact the Care staff at: care@southside.org

Resources By Topic

Anxiety

- [5 Ways to Manage COVID-19 Anxiety](#)
- [Two Types of Anxiety and How to Respond](#)
- [Identifying and Coping with Anxiety](#)
- [Anxiety Questionnaire from Anxiety and Depression Association of America](#)

Behavioral Health Hospitals

- [Peachford Hospital](#)
- [Ridgeview Institute](#)
- [Summit Ridge Hospital](#)

Behavioral Health Online Screening

- [Summit Counseling Center \(Free Anonymous Online Screening\)](#)

Depression

- [How to Tell If You're Depressed](#)
- [Depression and Suicide Panel](#)
- [The Depression Test and Bipolar Test](#)
- [Depression Questionnaire from Anxiety and Depression Association of America](#)

Domestic Violence Hotline

- [National Domestic Violence Hotline](#) or 1-800-799-7233

Kids and Parenting

- [Parenting During a Pandemic — How to Talk to Your Kids About a Crisis](#)

Self-Care

- [A Survival Guide to Self-Care: How to Thrive During Uncertainty](#)

Stress and Healthy Coping

- [How to Be Okay in Stressful Times](#)
- [Managing Stress](#)
- [Stress and Coping](#)

Suicide Prevention

- [Suicide Prevention Hotline](#) or 1-800-273-8255
- [Crisis Text Line](#) or text HOME to 741741
- [Georgia Crisis and Access Line](#) or 1-800-715-4225

Relationship Difficulty — Stress on Relationships

- [Choose Love in Difficult Times](#)