



Healthy Ways to Deal with Stress



It's normal to feel anxious, confused, scared, sad, or angry during a crisis. Contact your friends and family, talking to people you trust can help. If any of these feelings disrupt your daily activities, contact a mental health provider. Call the Disaster Distress Helpline at 1-800-985-5990, if you are experiencing emotional distress related to COVID-19. *People with preexisting mental health conditions, should continue their treatment plans. Monitor for any new symptoms and stay connected to their mental health provider.*

If you must stay at home, maintain a healthy lifestyle - including healthy diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions. If you feel overwhelmed, talk to a mental health provider.

Gather information from trusted sources that will help you accurately assess your risk so you can take reasonable precautions.

- Center for Disease Control and Prevention www.cdc.gov/covid19
- Harris County Public Health (hcphtx.org/covid-19)
- Harris County Emergency (readyharris.org)
- Harris County Public Health Call Center (832) 927-7575
Mon thru Fri 9:00 AM to 7:00 PM



Lessen worry and agitation by limiting the time you and your family spend watching or listening to media coverage that upsets you.

Draw on skills you have used in the past that helped you manage previous challenges such as exercise, meditation, talking with friends and family.



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