

CARE CARD

Effective Coping Strategies for Stress

Positive coping skills keep you in the present, provide a healthy outlet, and allow for active problem solving.

- Exercise
- Get together with friends
- Do some stretching or meditation
- Engage in progressive muscle relaxation
- Read or listen to music
- Re-engage with your hobbies

When to Seek Help

It takes courage to ask for help. You can be a role model.

- Intrusive thoughts (including flashbacks or nightmares)
- Feeling constantly agitated or on high-alert
- Avoiding emotions by using substances
- Avoiding reminders of something that happened
- Unable to sleep or relax
- Feeling detached or numb
- Having difficulty functioning



Resources

These are normal reactions to abnormal situations. Others are likely experiencing the same thing.

COVID Coach-App

Scan the QR code:



- Muscle relaxation
- Mindfulness
- Healthy thinking

Identify 3 people for regular check-ins:

- Someone to whom you can vent (unconditional support)
- A mentor (wise, experienced)
- A “battle buddy” (someone in the trenches with you)

Suicide Prevention Crisis Line:

1-800-273-TALK (8255)

“It's okay to ask for Help”