

## Take Care of Your Behavioral Health

When we hear, read about, or watch news about the impact of Covid-19 we might feel anxious or show signs of stress. These signs of stress are normal. Most of us are experiencing some overwhelming feelings. It is important to monitor your physical and mental health and know how to relieve stress and know when to get help.

Know the Signs of Stress	How to Relieve Stress
<p><b>Your Behavior</b></p> <ul style="list-style-type: none"> <li>• Change in energy and activity levels</li> <li>• Increase in irritability – frequent arguing</li> <li>• Worrying excessively or frequent crying</li> <li>• Having difficulties relaxing or sleeping</li> </ul>	<p><b>Keep Things in Perspective</b></p> <ul style="list-style-type: none"> <li>• Set limits on access to news</li> <li>• Take time away from the news to focus on things that are going well and that you can control</li> <li>• Get updates from reliable sources</li> </ul>
<p><b>Your Body</b></p> <ul style="list-style-type: none"> <li>• Frequent stomachaches, headaches, other pains</li> <li>• Change in appetite</li> <li>• Easily startled</li> </ul>	<p><b>Keep Yourself Healthy</b></p> <ul style="list-style-type: none"> <li>• Eat healthy food and drink water</li> <li>• Avoid excessive caffeine and alcohol</li> <li>• Get plenty of sleep and rest</li> <li>• Include movement in your day</li> <li>• Set structure and a daily routine – keep things familiar</li> </ul>
<p><b>Your Emotions</b></p> <ul style="list-style-type: none"> <li>• Anxious or fearful</li> <li>• Feeling depressed or overwhelmed by sadness</li> <li>• Feeling angry</li> <li>• Not caring about anything</li> </ul>	<p><b>Relax Your Body</b></p> <ul style="list-style-type: none"> <li>• Deep breathing or stretching</li> <li>• Do something fun and enjoyable</li> <li>• Alternate work tasks with relaxation</li> <li>• Talk to others about your feelings</li> </ul>
<p><b>Your Thinking</b></p> <ul style="list-style-type: none"> <li>• Confused or trouble remembering things</li> <li>• Difficulties thinking clearly or concentrating</li> <li>• Difficulties making decisions</li> <li>• Negative thoughts overriding positive thoughts</li> </ul>	<p><b>Know When to Get Help</b></p> <ul style="list-style-type: none"> <li>• If you are showing signs of stress for several days or weeks</li> <li>• If you are struggling to complete daily activities such as taking physical care of yourself, completing work tasks, supporting your family</li> <li>• If loved ones have voiced concerns for your wellbeing</li> </ul> <p><u>Consider reaching out for help:</u></p> <ul style="list-style-type: none"> <li>• Contact your family physician.</li> <li>• BPS CHI St. Alexius Health Employee Assistance: Provides employee assistance services to all eligible employees and their immediate family members. EAP 24 hours a day, 7 days a week (701) 530-7195 or 1-800-327-7195</li> </ul>