HELPING PEOPLE GET THROUGH THE STRESS

Richard K. Whitaker, Jr., Ph.D.
I've had a lot of worries in my life, most of which never happened.

MARK TWAIN
“Just because we're in a stressful situation doesn't mean that we have to get stressed out. You may be in the storm. The key is, don't let the storm get in you.”

JOEL OSTEEN
SIGNS OF STRESS

- **DISRUPTED DIET**
- **DISRUPTED SLEEP**
- **TROUBLE WITH EMOTIONS OR CONCENTRATION**
- **DISRUPTED RELATIONSHIPS**
HELPING THE OVERLY STRESSED

Supportive Stance
*From the side, not head on*

Validate the Feelings
*Avoid arguing or telling*

Work toward a Plan
*Not the time to “solve” it*

Slow Down the Train
*Their crisis isn’t yours*
WAYS TO REDUCE STRESS #1

TAKE CARE OF YOUR BODY

• GOOD DAILY HYGIENE
• EXERCISE EVERY DAY – A WALK IS GOOD!
• EAT BALANCED MEALS
• DRINK PLENTY OF PLAIN WATER
WAYS TO REDUCE STRESS #2

PROTECT YOUR SLEEP

• MAKE TIME TO UNWIND

• UNPLUG FROM NEWS & SOCIAL MEDIA

• GIVE YOUR BRAIN A BREAK!
WAYS TO REDUCE STRESS #3

SHARE YOUR FEELINGS

• FIND A SUPPORTIVE LISTENER
• TRUSTED FRIEND, FAMILY MEMBER, PASTOR
• PEER SUPPORT HELPER
• REASSURANCE, UNDERSTANDING, OPTIONS
WAYS TO REDUCE STRESS #4

FOCUS ON WHAT YOU CAN CONTROL

• WASHING YOUR HANDS
• PHYSICAL DISTANCING
• WEAR A MASK WHEN YOU HAVE TO GO OUT
• CHOOSE TO COUNT YOUR BLESSINGS
IT’S OKAY TO ASK FOR HELP

RESOURCES

Regional Crisis Line
(844) 430-0375

Vera French for Mental Health Treatment
(563) 383-1900

Crisis Stabilization Home
3-5 Day Stay
(563) 396-3017