



*Providing
Comprehensive
Care in
Washington County*

COPING WITH THE STRESS OF COVID-19

For many of us, the uncertainty surrounding Covid-19 is beginning to take a toll on our mental well-being as we wonder:

Will I, or my family, contract Covid-19?

When will this end? Will we ever get back to normal?

When will my workplace reopen? Will I still have a job?

What about my finances?

How do I keep my children healthy and active?

When can I see my friends and extended family?

Eastport Health Care recognizes that our mental and emotional health is just as important as our physical well-being.

When some of us experience months of anxiety and ongoing stress, we may act in ways or experience feelings that we normally wouldn't experience.

All of us at EHC hope that the following tips and resources will be useful as we all try to cope with the stress of Covid-19.

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Check out our newsletter every other month for EHC news and upcoming community events!

If you would like info added to this newsletter, please email us at newsletter@eastporthealth.org

The more we know about how to care for ourselves and our loved ones during this pandemic, the stronger we will be individually and collectively.

Here are some tips to help you stay mentally healthy.

1 Know the signs of stress in loved ones – and yourself



Insomnia



Headaches



Anxious feelings



Fatigue or lack of energy



Unhealthy behaviors



If stress, anxiety, or depression are making it difficult to go about daily activities, speak with a healthcare professional immediately.

2 Be physically distant, yet socially close



Check in often, especially on those who are alone



Utilize technology to talk “face-to-face” with family, friends and healthcare professionals



Maintain a sense of community by joining an online class or social media



Be open! Sharing your feelings, and listening to others’, may help you cope

3 Embrace your new routine



Stay informed through credible sources



Eat healthfully and regularly by planning meals and grocery shopping lists



Stay physically active by joining a virtual fitness or wellness class



Use a dedicated workspace to maintain productivity and balance at home



Take breaks and make time for activities that bring you joy



Know your local resources, including food banks, crisis lines and telehealth options

More Words of Gratitude

All of us here at EHC are incredibly grateful for the outpouring of support from our neighbors and friends, near and far.

In last month's special edition of the EHC newsletter, we extended our heartfelt appreciation to a great many groups and individuals. This month the staff of Eastport Health Care wishes to acknowledge the support of:

SHARON CLARK OF SWEET VALLEY, PA, for sending us a box of masks that help to keep us safe. Your thoughtfulness and generosity is met with gratitude!

ALICIA GALPIN OF TUSCON, AZ who made some seriously fun masks. Is there anything better than a Winnie the Pooh mask (not unless it's a Dr. Seuss mask)!



SUPPORT RESOURCES

Maine Crisis

Hotline:

1-888-568-1112

Domestic Issues:

1-866-834-4357

Disaster Distress

Hotline:

1-800-985-5990

Maine-wide

Resources

Dial 211



Find Us on Facebook!

Online Resources

US CDC

Maine Office of Behavioral Health

SUD Support

Teen Text Support Line

207-515-8398



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Find us on:
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CRISIS PREVENTION

Stress and anxiety can cause some people to lose physical and rational control over their behavior. The Crisis Prevention Institute (CPI) offers tips to help prevent stress and anxiety escalating to a crisis.

Be empathetic. Try not to judge the feelings of others. Their feelings are real even if you may think their feelings may not be justified.

Clarify messages. Listen for the person's real message. What are the feelings behind the facts?

Respect personal space. Maintain at least 3 feet of space between you and the other person. Invading personal space increases anxiety.

Ignore challenging questions. Redirect the person to the issue at hand. Answering challenging questions often leads to a power struggle.

Permit verbal venting, if possible. A lot of energy can be released through venting, just set reasonable limits.

Set and enforce reasonable limits. If the person becomes belligerent, defensive or disruptive, set your limits clearly and concisely.

Keep nonverbal cues nonthreatening. The more an individual loses control, the less that person listens to your actual words. More attention is paid to your nonverbal communication. Be aware of your gestures, facial expressions, movements and tone of voice.

If you believe the individual is a danger to themselves or to others, dial 911.