

DEALING WITH THE UNCERTAINTY

Remember that we have normal reactions to abnormal situations.

IT IS ABSOLUTELY NORMAL...

...to have worries, fears, confusion, anger, and other emotions in response to the ongoing unknown threat of the COVID-19 global pandemic.

BE KIND TO YOURSELF AND THOSE YOU CARE ABOUT BY:

1. Giving yourself permission to identify, acknowledge and accept feelings.
2. Recognizing that we, as human beings, are resilient and have been through other challenging situations in our lives.
3. Owning your own feelings and then connecting them to actions to make them feel manageable. Focus on your strengths. Focus on the areas within your control.

It's okay to accept help from others

and take opportunities to pay it forward in the future.

Use any community programs and resources available in the moment.

TIPS TO TAKE CARE OF YOUR PHYSICAL NEEDS

To manage physical responses to uncertainty, such as changes in sleep & appetite, muscle tension, headaches, increased heart rate and upset stomach, practice good self-care by eating healthy food, exercising and getting enough rest. **Regarding COVID-19**, Continue to adhere to the recommended guidelines in an effort to keep yourself and others healthy.

AND YOUR EMOTIONAL/MENTAL HEALTH

To decrease heightened levels of stress & anxiety, limit the amount of time spent viewing media coverage. Talk to your support system about your emotions, seek out comfortable, familiar surroundings and avoid too much time alone.

It's not uncommon for reactions from past traumas to re-emerge so be sure to give yourself time to recover. Difficulties with concentration and memory, changes in sleep patterns, nightmares, flashbacks and "hypervigilance" may be experienced and will diminish over time. Seek help from a counselor to process your reactions, meditate and/or relax.

Together We Can and Will Get through This Uncertain Time

As an organization and as affected community members ourselves, we at TEAM acknowledge these turbulent times and offer our support and services.

Counselors are available 24/7 by phone. Scheduled telehealth sessions are also available.



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