

Endurance, Strength & Hope



With much uncertainty regarding the coronavirus (COVID-19) comes fear and anxiety that can become overwhelming for both children and adults.

Ways to cope with stress (www.cdc.gov)

- **Take breaks from watching, reading, or listening to news stories**, including social media. Hearing about the pandemic repeatedly can be upsetting.
- **Take care of your body.**
 - Take deep breaths, stretch, or [meditate](#)
 - [Try to eat healthy, well-balanced meals](#)
 - [Exercise regularly, get plenty of sleep](#)
 - Avoid [alcohol](#) and [drugs](#)
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling.

If you, or someone you know are feeling overwhelmed with emotions like sadness, depression, or anxiety, notice an increase in alcohol and/or drug use or feel like you want to harm yourself or others

- Call the Shawano County Crisis Line at 1-888-238-3253
- Call 911
- Visit the [Disaster Distress Helpline](#), call 1-800-985-5990, or text TalkWithUs to 66746
- Visit the [National Domestic Violence Hotline](#) or call 1-800-799-7233 and TTY 1-800-787-3224
- For information regarding area Food Pantries please visit:
<https://shawano.extension.wisc.edu/nutrition-education/food-pantry-directory/>

Behavioral Health staff: Jeff, Lisa and Jodie are available at the S-M Health and Wellness Center during this time via Telehealth sessions and can be reached by calling 715-793-3000.