

Emotional Wellness: Coping with Stress During the COVID-19 Crisis Resources from the Commonwealth of Kentucky

Statewide Information and Resources

The Commonwealth of Kentucky has put together detailed information about mental health during this crisis. We have summarized this information here. The **Kentucky Community Crisis Response Board** has been working closely with the state to help address the emotional wellness of adults and children in this uncertain environment.

You can learn more by visiting the Kentucky Community Crisis Response Board's website at www.kccrb.ky.gov or by calling 502.607.5781. You also can reach out to the Crisis Response Board's 24-hour request line at 888.522.7228

In addition you can get detailed information specific to the **State of Kentucky** by calling the KY COVID-19 Hotline at 800.722.5725 or by visiting the Commonwealth's website at www.kycovid19.ky.gov.

Finally, information on the **national response** to the virus outbreak is available from the CDC at www.cdc.gov/coronavirus.

Public Health Emergencies Versus Other Crisis

Public Health Emergencies, like the COVID-19 Pandemic, are unlike natural disaster or other crisis. In a natural disaster, impacted communities have sensory cues to guide them in assessing the threat and planning a response. In a public health crisis, the "threat" is invisible making it more difficult to plan an appropriate response.

During times of uncertainty it is normal to experience anxiety and worry. Stress reactions are common. But, they also can be managed.

To help manage stress and plan for a response, we have put together these suggestions for adults and children.

Disaster Distress Help

If you are experiencing persistent stress reactions or having a difficult time managing your emotions, seek help.

Four Rivers Behavioral Health 24-Hour Crisis Line - 800.592.3980

www.4rbh.org

Disaster Distress Hotline - 800.985.5990

www.DisasterDistress.samhsa.gov

Text "TalkWithUs" to 66746

425 Broadway, Paducah, KY 42001
270.442.7121 • 866.442.7121
Crisis 800.592.3980
www.4RBH.org



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Resources from the Commonwealth of Kentucky

How to Recognize Stress and Anxiety in Adults

Physical: Headaches, Fatigue, Rapid Heart Rate, Nausea, Appetite Changes, Elevated Blood Pressure, Difficulty with Sleep.

Emotional: Feeling Isolated, Panic, Anxiety, Distrust, Fear, Anger, Sadness, Feeling Overwhelmed, Denial, Intense Worry about Others.

Behavioral: Feeling Suspicious, Inability to Relax, Increase in Alcohol or Drug Use, Being Overly Cautious.

Cognitive/Mind: Confusion: Poor Concentration, Preoccupation with News, Poor Decision Making, Memory Issues.

Managing Stress Reactions in Adults

- Limit exposure to social media and the news
- Educate yourself through credible sources
- Maintain a routine as much as possible
- Get plenty of rest
- Exercise
- Eat well
- Maintain contact with friends and family with video chat, phone calls, texts, etc.

How to Recognize Stress and Anxiety in Children and Adolescents

Children and adolescents respond differently to adults and respond differently based on their age. Younger children may demonstrate *regressive behaviors, changes in appetite, sleep issues, mood changes, withdrawal, acting out and difficulty paying attention.*

Older children may show signs of *agitation, increased conflicts, physical ailments or delinquent behavior.*

Managing Stress Reactions in Children and Adolescents

- Limit exposure to social media and the news
- Maintain a routine as much as possible
- Try new activities together like a Family Game Night
- Exercise together
- Set a good example for children and manage your own stress level

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