



## Pandemic Influenza Behavioral Health TIPS

As we prepare for a pandemic flu and become aware of its potential consequences, it is natural for our emotions to intensify. We will be affected in a wide variety of ways.

**FEELINGS:** Shock, anger, guilt, terror, helplessness, despair

**THOUGHTS:** Confusion, memory loss, blaming, poor concentration

**BEHAVIORS:** Isolation, change in sleeping patterns & eating habits

**PHYSICAL:** Fatigue, headaches, increased heartbeat, stomachaches

**SPIRITUAL:** Expressing anger or strength from your spiritual beliefs

### TAKE CARE OF YOURSELF

**LEARN** about social distancing practices that will assist in protecting us from infectious diseases

**PRACTICE** stress management through exercise, prayer, meditation, deep breathing or relaxation activities, and maintain a healthy, balanced lifestyle.



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### WHAT YOU CAN DO NOW

- **BUILD** emotional health and strength into your family's lives by learning to identify and discuss emotions and positive ways to respond with healthy behaviors.
- **KNOW** that daily life may be significantly different during a pandemic. Doing something to help others helps us.
- **BE** involved in faith-based and other community groups and help plan ways those groups can continue working and serving.
- **WORK** with family members and friends who have special needs to help create or improve their personal emergency plans.
- **SEEK** support from family, friends and colleagues.
- **MAKE** use of available community services
- **CONTINUE** your daily schedule at work and leisure activities.
- **SEEK** professional mental health assistance if you feel depressed, a sense of hopelessness or extreme anger. There is help available to assist you.



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