

Mental Health Transcript

It is normal to feel sad, anxious, and even angry during a crisis like a natural disaster, a violent crime, or a disease outbreak.

Everyone reacts differently to stress caused by a crisis.

Your culture, age, and family situation can all affect your reaction.

You must pay attention to your physical health as well as your thoughts, feelings, and actions.

It is also important to pay attention to the thoughts, feelings, and actions of others in your community.

Some signs of stress are:

- Feelings of disbelief, anxiety, or fear
- Sleeping too much or not enough
- Eating too much or not enough
- Not being able to concentrate
- Feeling irritable or angry
- Physical reactions, like headaches, stomach aches, and skin rashes
- Increased use of alcohol, tobacco, or other drugs
- Younger children returning to behaviors they have outgrown

When you take care of your own stress first, you can provide the best support for your community.

Here are 5 ways to take care of yourself during a crisis:

1. Watch less news. Only get your information from reliable sources.
2. Make a plan. Have enough food and medicine for two weeks in case you need to stay at home during a difficult time.
3. Take care of your body. Take deep breaths, eat healthy foods, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
4. Find time for activities that make you happy. For example, read a book, take a walk in the park, or play music.

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5. Talk to the people you love. Use phone or email if you don't live in the same household.

Stress can make some people become angry, violent, or abuse alcohol or drugs.

If you or someone you know is in danger of harming themselves or someone else, talk to a spiritual leader, elder, the police, or a counselor.

There is also free help available from the Disaster Distress Helpline: 1-800-985-5990

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05/20/20

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