## SIGNS WE ARE STRESSED?

### PHYSICAL REACTIONS
- Low energy
- Increased heart rate
- Muscle aches or pain
- Loss of appetite
- Headaches
- Upset stomach
- Poor sleep

### EMOTIONAL REACTIONS
- Excessive worry
- Irritability or anger
- Strong feelings that will not pass
- Tearful
- Loss of interest in things you once enjoyed
- Pulling away from loved ones

### BEHAVIORAL REACTIONS
- Increased use of tobacco, alcohol, or drugs
- Blaming others
- Ignoring public health recommendations
- Use of food, gambling, video games, or TV to numb or avoid

### COGNITIVE REACTIONS
- Difficulty paying attention
- Forgetfulness
- Racing thoughts
- Trouble focusing
- Inability to find words while you speak

### What Helps?
- Naming our emotions and admitting we feel out of control
- Talking to others about how we feel
- Taking long breaks from social media and the news
- Learning what triggers our stress response and avoiding it
- Being of use and service to others
- Eating healthy and exercising daily

### What Doesn’t Help?
- Trying to avoid thinking about and talking about current events at all
- Smoking, drinking, eating, gambling, or using substances as a means to cope
- Becoming attached to the idea that this crisis is insurmountable
- Isolating and avoiding friends, family, and activities
- Over engaging in news outlets and social media

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**AiRCare IS HERE FOR YOU**

- **Immediate Access.** AiRCare clinicians are here for you seven days a week during this uncertain time.
- **Convenient.** Provide you with the personalized support you need when you need it.
- **Confidential.** Our clinical team is here to listen and support you during this tough time.

**REACH OUT TODAY**

Talk to a Clinician today:

- **Phone:** 855-806-1028
- **Email:** CentraCare@aircarehealth.com

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