

# COPING WITH STRESS DURING PANDEMICS

It's normal to feel sad, stressed, confused, scared, or angry. Talking to people you trust can help.

**SUICIDE AND CRISIS  
LIFELINE: CALL 988!**

**CRISIS HOTLINE:  
1-844-534-4673 (HOPE)**



## MAINTAIN A HEALTHY LIFESTYLE

Use healthy habits as best as you can with proper diet, adequate sleep and exercise, and social interaction with loved ones at home or online.

The Arizona Advisory Council on Indian Health Care (AACIHC) has tools online that can help.

<https://aacihc.az.gov/tribal-pandemic-toolkit>

Information on healthy diets, exercise, and whole person well-being can be found here.

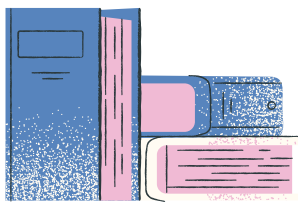


## MANAGE YOUR EMOTIONS

Use skills that you have used in the past when facing life's adversities. What has worked for you?

In discussions that the Arizona Advisory Council on Indian Health Care (AACIHC) has engaged in with Tribal members of the community, here were some suggestions of healthy coping strategies:

- Spending time with a loved one or cherished elder
- Yoga or Meditation
- Following along to exercise videos on platforms like YouTube
- Spending time studying your Native language



## GATHER FACTUAL INFORMATION

Get your information from credible sources. This will help you accurately determine your risk and take reasonable precautions.

Social media "influencers" are not sources of factual information.

"Influencers" build up internet "fame" and often lack degrees and formal training on the subject they have built a "follower" base around.

Seek out factual sources of information, like Tribal Public Health Departments, Indian Health Services, the World Health Organization, and the CDC.

**Source: World Health Organization**



## LIMIT MEDIA CONSUMPTION

Lessen the time you and your family spend watching or listening to media coverage of news that you find upsetting.

Multiple studies have found that watching negative news coverage about troubling events increases both anxious and sad moods, contributes to ill-personal health, and also shows a significant increase in the tendency to catastrophize a personal worry. In one study these adverse effects on mood were found after watching stories covering upsetting events even for only 14 minutes a day!

**Sources:**

<https://pubmed.ncbi.nlm.nih.gov/9061893/>

and

<https://www.tandfonline.com/doi/full/10.1080/10410236.2022.2106086>



## SEEK PROFESSIONAL HELP

It is okay to ask for help.

Many IHS, 638, and Urban Indian Organizations combine evidence-based treatment practices with Native American traditional healing & ceremonies to provide a holistic environment to heal the mind, body and spirit.

Reach out to I/T/U's for help for both your physical and mental health needs. Do not turn to unhealthy habits, such as smoking or poor eating, to cope.

**Suicide and Crisis Lines for Tribal Nations can be found online at:**  
<https://www.azahcccs.gov/BehavioralHealth/crisis.html>