



What you may be experiencing

Stress is the result of pressures or tensions and how our body responds. Stress can cause feelings of unease, anxiety, frustration, nervousness, fearfulness or helplessness. When stressed, you may notice changes in your sleep, appetite or energy level. Feeling stressed is normal, especially during a crisis.

You may experience stress for a variety of reasons during this time, such as increased caregiving responsibilities, financial challenges, or health concerns.

Stress can be overwhelming and affect your mental and physical health.

What you can do

1. Take five: Take a deep breath and relax. Even five minutes to take care of yourself can help.
2. Take a walk, stretch or attend a virtual exercise class. While doing an activity you enjoy, focus on the here-and-now.
3. Maintain connections with others. Call, video chat, or reach out to friends and family.
4. Create a daily routine that includes rest, exercise, and regular meals.
5. Seek support from friends, family, and trusted organizations.
 - ▶ Talk about your feelings with others.
 - ▶ Consider creating a plan together with family and friends for how you may help one another or share responsibilities.
 - ▶ Reach out to clergy or others in your faith community.
6. Seek help from a professional if your stress becomes overwhelming or feels unmanageable.
 - ▶ Talk to your doctor about how you are feeling.
 - ▶ Find mental health services: [Mental Health America](#)

Find other
resources that
could help:





Get immediate help in a crisis

Emergency Situation

- ▶ **Call 911**
- ▶ [Disaster Distress Helpline](#)
1-800-985-5990 (para español Presione #2)
Text TalkWithUs for English (o para español un texto que diga Hablanos al 66746).
 - Residentes de Puerto Rico que hablan español pueden enviar un mensaje de texto que diga “Háblanos” al 1-787-339-2663.
- ▶ [National Suicide Prevention Lifeline](#)
800-273-8255 or TTY 800-799-4889 (para español llame al 888 628 9454)

Child abuse

- ▶ [National Child Abuse Hotline](#)
1-800-4AChild (1-800-422-4453)
(para español presiona el 1)
Text 1-800-422-4453

Veteran Support

- ▶ [Veteran's Crisis Line](#)
800-273-TALK (8255)
[Crisis Chat](#)
Text 8388255

Grief

- ▶ [Red Cross Virtual Family Assistance Center](#)
833-492-0094 (para español presione #)

Elder care

- ▶ [The Eldercare Locator](#)
800-677-1116
(para español presiona el 2)
[TTY Instructions](#)

Domestic Violence

- ▶ [National Domestic Violence Hotline](#)
800-799-7233 or TTY 800-787-3224
(para español presione #2)

Assault

- ▶ [National Sexual Assault Hotline](#)
1-800-656-HOPE (4673)
(para español presione #2)
[Online Chat \(atención disponible en español\)](#)

Substance Use

- ▶ [Substance Abuse and Mental Health Services Administration National Helpline](#)
800-662-4357 or TTY 800-487-4889
(para Español presione #2)

LGBTQ+ Support

- ▶ [Trans Lifeline](#)
877-565-8860 (para español presione #2)
- ▶ [The Trevor Project's TrevorLifeline](#)
866-488-7386

Local Resources for Food, Housing, Jobs and Other Support:

- ▶ [UnitedWay's 211](#)
2-1-1
- ▶ [Feeding America Find Your Local Food Bank](#)
feedingamerica.org/find-your-local-foodbank
(Información de servicios en español feedingamerica.org/en-espanol/encuentre-su-banco-de-alimentos-local)