

How are you?

Life has been pretty stressful around here lately! Stress can impact us in multiple ways.



Body (fatigue, nausea, dizziness, headaches, grinding of teeth, racing heart)

Thoughts (confusion, nightmares, hypervigilance, poor problem solving, flashbacks)

Emotions (fear, guilt, emotional outbursts and shock, irritability, depression)

Behaviors (withdrawal, inability to rest, pacing, change in appetite, increased alcohol)

These symptoms might also indicate the need for a doctor's visit, so if in doubt, see one!

If you recognize stress is impacting you, there are some things you can do to help:

- 1) Recognize your responses as a normal reaction to a very abnormal situation.
- 2) Connect with people in a healthy way. Offer to help. Ask for help. Talk. Share.
- 3) Keep busy and develop a routine as much as possible, including good rest.
- 4) Eat healthy and regular meals, and drink plenty of water.
- 5) Write in a journal or do something that you enjoy for a few minutes each day.
- 6) Avoid numbing your pain with alcohol, prescription meds, or other substances.

A few ways to help others:

- 1) Listen carefully to others, share stories, and spend quality time with them.
- 2) Offer to help where you are able or connect people to services you know about.
- 3) Do not take anger or other strong feelings personally. Give them space, if needed.
- 4) Let others know you are sorry about the losses they have experienced. Do not say "you're lucky" because "it could have been worse" or any other reason. This is not comforting to any of us – it's their loss and their pain, just as it's your loss and your pain.
- 5) Share shoulder/neck massages! Take a short walk with someone. Stretch with someone. (Be creative – there are many options of healthy behaviors that can be shared!)

If any symptoms last more than 2-4 weeks from when you first noticed them, it may indicate you need to seek professional help. The Red Lodge Mental Health Center has a list of local and regional therapists, please call for a referral: 406 446-2500. If you need immediate help after 5pm please call [1-800-273-TALK \(8255\)](tel:1-800-273-TALK) .

Free short-term options as well as help with copayments available.

There's no need to suffer alone!

