

## WELLNESS AND SUPPORT

ECHRS and its team is dedicated to improving the lives of those within our facility, but also to those outside of our facility. We know that this pandemic has caused concern and uncertainty for many. During these unprecedented times, ECHRS continues to support and encourage you to practice your physical and mental/emotional activities so that you stay well.

Here are some tips/steps to help cope, according to the CDC:

- Take care of your body – meditate, exercise, and eat a well-balance diet.
- Connect with others as best as you can.
- Take breaks.
- Stay informed.
- Avoid too much exposure to news.
- Seek help when needed.

Look out for these common signs of distress:

- Feelings of numbness, disbelief, anxiety, or fear.
- Changes in appetite, energy, and activity levels.
- Difficulty concentrating.
- Difficulty sleeping or nightmares and upsetting thoughts and images.
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes.
- Worsening of chronic health problems.
- Anger or short-temper.
- Increased use of alcohol, tobacco, or other drugs.

If you experience these feelings or behaviors for several days in a row and are unable to carry out normal responsibilities because of them, it's important to seek professional help.