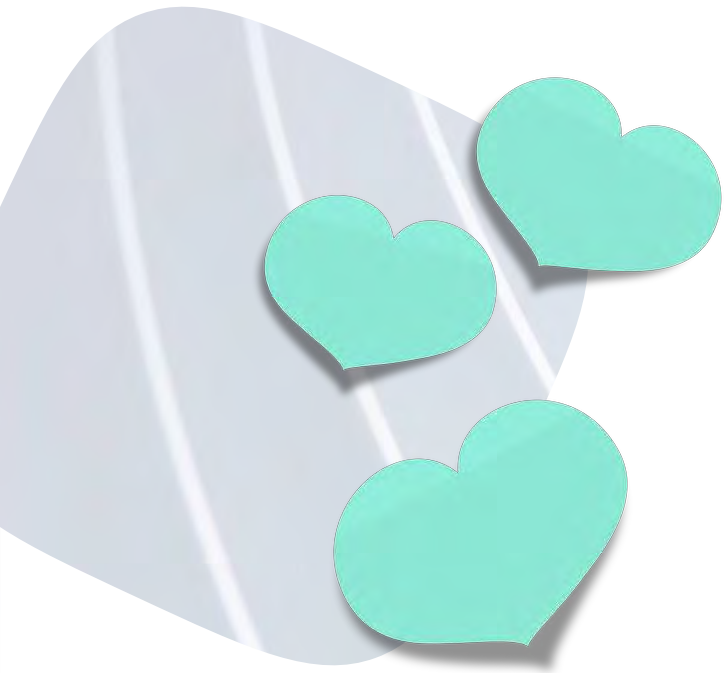


APPROACHING THE FIRST-YEAR MARK

**with Jennifer Morris, MA, LPC
and Evan Forster, LCSW**



AllHealth
NETWORK



**Thank you for
being here**

Stress

...through the pandemic can include:



Fear and worry about your own health and the health of your loved ones

Changes in sleep or eating patterns

Difficulty sleeping or concentrating

Worsening of chronic health problems

Worsening of mental health conditions

Increased use of alcohol, tobacco, or other drugs

Ways to cope with stress



Ways to cope with stress



Take breaks from watching, reading, or listening to news stories, including social media

Ways to cope with stress

Take care of your body

2



Ways to cope with stress



Make time to unwind

Ways to cope with stress

Connect with others



- Around the first-year mark, it's normal to experience an increase in emotions.
- It's a natural part of the healing process.
- Remember, everyone is different.



Common reactions as the date nears:



difficulty concentrating

loss of appetite

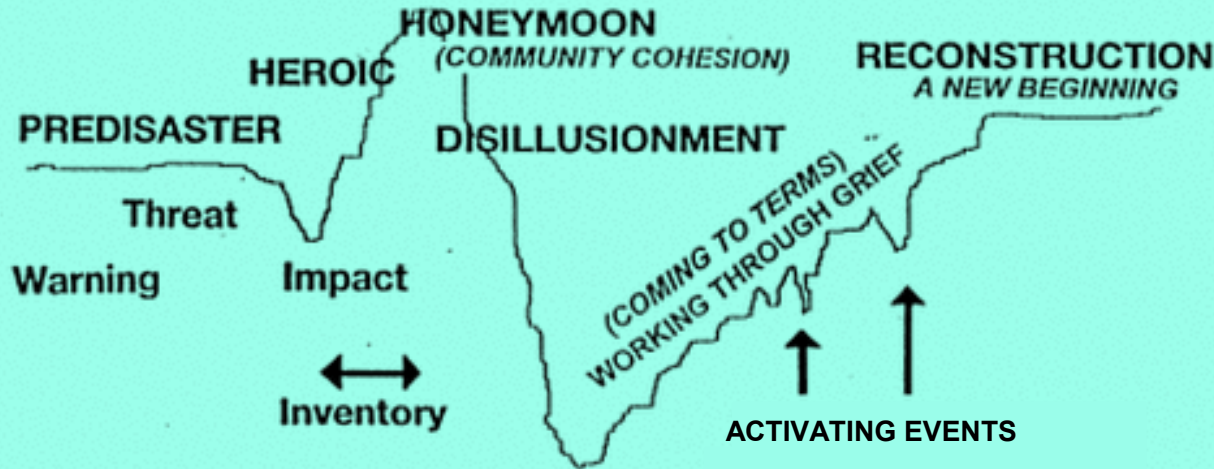
irritable outbursts

nightmares

difficulty falling or staying
asleep

feelings of detachment from
others

Phases of Disaster



Recovery has many steps.

It can make sudden changes and develop in different directions instead of heading in one linear direction.

Suggestions for coping during this time





Suggestions for coping during this time

Be gentle with yourself

Credit: April Naturale, MSW, PhD

2



Suggestions for coping during this time

Participate in rituals
that may provide
soothing comfort

Credit: April Naturale, MSW, PhD

Suggestions for coping during this time

Plan activities



Credit: April Naturale, MSW, PhD

Suggestions for coping during this time

Reach out to friends
and family



Credit: April Naturale, MSW, PhD

5 Suggestions for coping during this time



Do things that might help you with overwhelming emotion

Credit: April Naturale, MSW, PhD

6 Suggestions for coping during this time



Do what you would
like to do, rather than
what you think you
should do

Credit: April Naturale, MSW, PhD

7 Suggestions for coping during this time



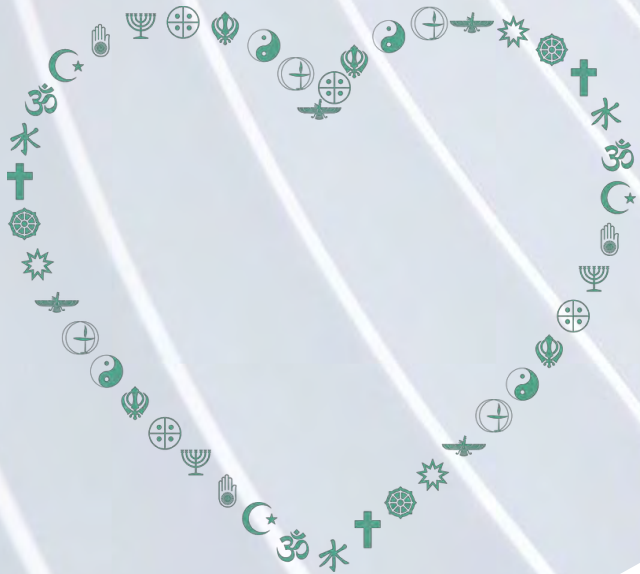
Know that it's natural
to feel sad and/or
angry

Credit: April Naturale, MSW, PhD

8

Suggestions for coping during this time

Draw on your own faith and spirituality



Credit: April Naturale, MSW, PhD



Suggestions for coping during this time

Accept kindness and
help from others

Credit: April Naturale, MSW, PhD

Suggestions for coping during this time

Helping others may actually be a form of helping yourself



Credit: April Naturale, MSW, PhD

How to help children and adolescents



Helping children and adolescents

Communication is key



Credit: April Naturale, MSW, PhD

Helping children and adolescents

Be reassuring



Credit: April Naturale, MSW, PhD

Helping children and adolescents

Let children try new activities that help them to relax



Credit: April Naturale, MSW, PhD

Helping children and adolescents



Remind children about other difficult situations that they handled well

Credit: April Naturale, MSW, PhD

Helping children and adolescents

Get together with
friends and family



Credit: April Naturale, MSW, PhD

**Let's talk about
sleep...**



Local Resources



24/7 Crisis Line

Counselors on this line can help you think through what support would help both in the moment and longer term (e.g., ongoing care)



Call: 1-844-493-TALK (8255)

Text: TALK to 38255

SAMHSA National Distress Hotline

1-800-985-5990



24/7 Walk In Center

Confidential in-person crisis support, information and referrals for anyone in need

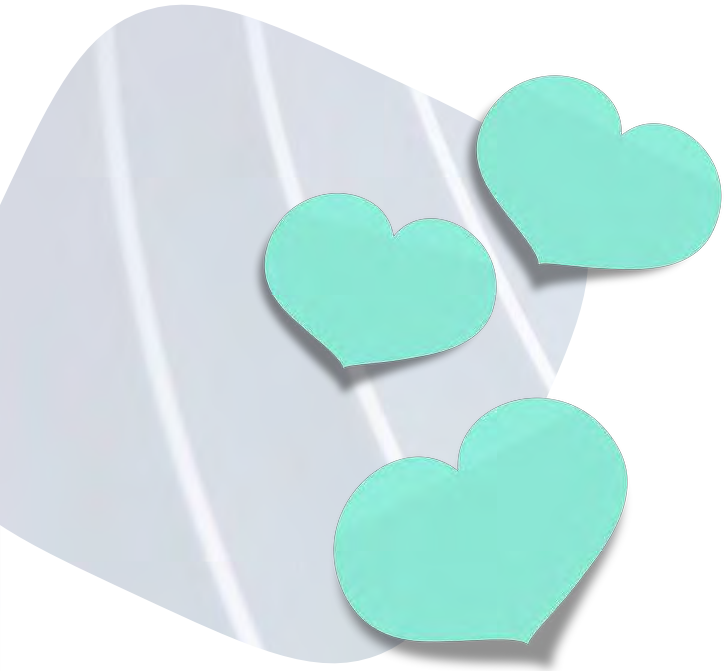




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Thank you.
Any questions?