

Pandemic Flu

Stress Reduction
Just in Time



Truths About Traumatic Events



- No one who sees a disaster is untouched by it
- It is normal to feel anxious about you and your family's safety
- Profound sadness, grief, and anger are normal reactions to an abnormal event
- Acknowledging your feelings will help you recover
- Focusing on our strengths and abilities will help you to heal
- Accepting help from community programs and resources is healthy
- We each have different needs and different ways of coping

Affect Of Stress On The Brain

- Your brain is designed to react not think under stressful situations
- The human body does not work well in the presence of negative emotion
- Fear systems in the brain have their own perceptual channels and circuitry for storing traumatic memories
- We know that negative emotions can make you ill
- We know that fear plays tricks with your memory and your perception of reality
- One universal response to fear is seen in both humans and animals – they freeze!



Stress Management Strategies

The best strategy to manage stress is to address both the causes of stress through coping skills (reframing your thinking, getting toxic people out of your life etc.) and the symptoms of stress through relaxation skills to promote optimal wellbeing (exercise, meditation etc.)

If you have established healthy habits prior to a stressful event you will find it easier to employ coping skills during a pandemic flu. If you have unhealthy habits you will need to pay closer attention to how you react to stressful events and take additional time building new skills and finding balance in your life.



“Ultimately the body becomes the battlefield for the war games of the mind.” —Brian Luke Seaward, Ph.D.

It is helpful to know how you are managing stress on a daily basis because it can affect your resiliency when you are faced with a large scale disaster such as a pandemic flu.

Affective Coping Strategies

Which coping skills do you practice?

- Comic Relief
- Reframing the situation
- Time Management
- Communication Skills i.e. assertiveness, talking about feelings etc.
- Information Seeking
- Journaling
- Hobbies
- Social Support Groups/Friends

These skills will increase your immune system making you healthier

Coping Strategies That Are Not Effective

Do you practice these coping skills?

- Eating or drinking too much
- Yelling
- Escaping or procrastinating

These skills will decrease your immune system and therefore your health

Short Term Reaction to Stress

- Increased heart rate
- Increased blood pressure
- Increased rate of breathing
- Increased muscle tension
- Increased perspiration
- Increased metabolic activity



All of these physiological responses are triggered specifically as part of the body response to stress called the “fight or flight” response.

These are the symptoms you should begin to recognize so you can counter them with affective coping strategies like exercise, proper nutrition and reframing techniques.

Long Term Reactions to Stress:

- Hypertension (High blood pressure)
- Chronic pain (muscle tension)
- Suppressed immune system
- Colds and flu's
- Symptoms of disease or illness
- General sense of fatigue
- Insomnia
- Depression



Over time stress wears down the immune system and deteriorates your health. By the time you are experiencing these symptoms you are already jeopardizing your health.

These are the symptoms you should take seriously by acting immediately to change habits and ask for help.

Other Common Reactions to Stress

Anger...Rage...Confusion...Sadness...Guilt...



When these feelings don't go away over a few weeks, or when they seem to get worse, it may be appropriate to seek help for yourself or the person in your life who is experiencing these difficulties.

Your Reaction to Stress:

Check the symptoms YOU are experiencing:

- Chronic pain (muscle tension)
- Hypertension (High blood pressure)
- Frequent Colds and Flu's
- Crying often or easily
- Wanting to be alone most of the time
- Drinking alcohol or taking drugs more often or excessively
- Feeling numb
- Being angry or irritable
- Having problems concentrating and remembering things
- Insomnia
- Depression

These are reactions to long term stress. If you have these symptoms you are already experiencing stress and need to take immediate action to counter it.

Coping Tips



- Have a disaster plan - this helps you feel more in control
- Stick to your routines – wake up and go to bed at the same times, bathe, eat healthy meals etc.
- Allow for more flexibility in your life. You may spend less time cleaning and more time communicating with family for example.
- Create alone time for yourself
- Participate in memorials, rituals and express your feelings
- Ask for help!

Talking Tips

This website provides tips on how to communicate during stressful times.

<http://www.mentalhealth.samhsa.gov/cmhs/managinganxiety/tips.asp>



SAMHSA's

SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION

Disaster Relief Information

Local Resources

Addiction

- Alcoholics Anonymous/Narcotics Anonymous 262-653 / 5591-2804
- David Lawrence Center
6075 Golden Gate Pkwy. 455-1031
Counseling, addiction treatment, crisis stabilization, mental health, & inpatient/outpatient

Local Resources

Agencies for Assistance with Abuse

- Mental Health Center 455-8500
- Project Help 1 (800) 329-2277 or 262-7227
- Rape Support Group 262-7227
- Spouse Abuse (911) 455-2655
- Women's Help Line 775-1101
- Youth Haven 774-2698
- Spouse Abuse 455-2645
- Women's Help Line 775-1101
- Youth Haven 774-2698

Local Resources

Social Services

- Collier County Social Services
Government Complex, Bldg. H. Room 211 Assistance with RX,
Medical costs, Food & Rent (if disabled) 774-8440 / 774-8154
- Dept. of Children & Families
215 Airport Pulling Road North
Aide for Dependent Children, Food Stamps, Medicaid,
Children, Youth & Family services 643-5900

Local Resources

Food, Clothing and Shelter

Community Resource Program

852 1st Ave. S. #108
Assist/Food & Shelter,
Utility, Rx & Medical
262-4637

East Naples Methodist
Church SHARE Program
2501 Airport Road
Food
455-3866

Collier Pregnancy Services
970 5th Ave. N
Maternity & Baby
assistance
262-6381

Salvation Army

3180 Estey Ave
Assistance with Clothes, Food, Shelter,
Furniture & Utility
775-9447

Red Cross

2610 Northbrooke Plaza Dr.
Assists victims of fires & other disasters,
assists veterans & Armed Services
personnel's families
596-6868

Local Resources

Food, Clothing, and Shelter

St. Matthews House
2001 Airport Rd. S
Food & Shelter
Coalition for the Homeless
774-0500

First Assembly of God
3805 The Lord's Way
Shelter
774-1165

St. Vincent de Paul
2874 Davis Blvd.
Assistance with clothes Food, Shelter, Furniture Utility &
Transportation
775-1667