



## Colorado Spirit

*Feeling  
stressed during  
these times?*

**WE'RE HERE TO LISTEN.**

It's completely normal to have a range of reactions during a pandemic - from mild anxiety to high stress. You are not alone. The pandemic is impacting us all.

Our team at Colorado Spirit is here to be a support at no cost to you. We provide a listening ear, help with stress management, or we can connect you with resources.

Not sure what would help?  
Contact us anyway, and let's talk.

**720-707-6789**

or visit us at:

**[ALLHEALTHNETWORK.ORG/COLORADO-SPIRIT](https://www.allhealthnetwork.org/colorado-spirit)**

All services are provided free of charge.

Here are some suggestions to help cope during a stressful time. Give yourself permission to pick and choose the ones that work for you.

### **WORK ON WHAT YOU CAN CONTROL.**

- » Focus your energy on what you can impact. Let go of what you cannot control.
- » Advocate for what you need.

### **CONNECT WITH OTHERS AND BUILD RESILIENCE.**

- » Give and accept emotional support.
- » Talk about how you are feeling, even as those feelings change.
- » Engage in activities with other people. Doing with others builds resilience.
- » Feeling stuck for ideas about people you can connect with? Scroll through your contacts.

### **INCREASE YOUR FEELING OF SAFETY. ASK YOURSELF:**

- » “What makes me feel safe?” and engage in these practices.
- » “Does this feel ok to me?” and give yourself permission to say no to things that do not feel safe.

### **CREATE COMFORT FOR YOURSELF.**

- » Allow yourself quiet time and breaks, including time outside.
- » Make time to engage in activities that are comforting and soothing. Sometimes it is easier to feel your feelings or make decisions when you are in a comfortable space.
- » Allow yourself to experience and express strong emotions, which are common for all of us during times of stress.

### **MAINTAIN HOPE.**

- » Do things that build hope, gratefulness, compassion, and empathy.
- » Good enough is enough.
- » Find ways to laugh.

### **OTHER TIPS:**

- » Limit harmful media exposure like doom scrolling and consuming large amounts of media coverage.
- » Consider putting off any major life-altering decisions until your stress level is lower.
- » Take care of your body. Restful sleep, balanced eating, and physical activity are still crucial.

For more tips or to connect with support visit:

[WWW.ALLHEALTHNETWORK.ORG/COLORADO-SPIRIT](http://WWW.ALLHEALTHNETWORK.ORG/COLORADO-SPIRIT)