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-SPRIT

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