

# In Uncertain Times, Anxiety and Stress Can Increase

It is understandable that individuals can feel overwhelmed with emotions like fear, anxiety and stress. These emotions can manifest in:

- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco or other drugs

## Everyone Reacts Differently

It is also important to remember that everyone reacts differently to stressful situations. How a person responds to the current situation can depend on your background, the things that make you different from other people, and the community you live in. There is no right or wrong way to respond to something of this magnitude. Having patience with yourself, and your loved ones, will help navigate through this challenging time. Keep in mind individuals listed below may respond more strongly to this kind of stress:

- Older people and people with chronic diseases who are at higher risk for COVID-19
- People who have mental health conditions including problems with substance use
- People who are helping with the response to COVID-19, like doctors and other health care providers, or first responders
- Children and teens

## Knowing the Facts Can Reduce Stress

One way to reduce stress is to check reputable sources about COVID-19. A great resource to check regularly is the **Centers for Disease Control and Prevention**, [www.cdc.gov](http://www.cdc.gov). They have a full site that provides the latest information and facts on COVID-19, including how to keep yourself healthy; what to do if you get sick; resources for caregivers; and more.



## The Center Support Line

A free, 24-hour talk line open to our community during difficult times.  
If you are feeling stressed, anxious, or just need someone to talk to, call—we can help.

**The Center Support Line: 970.252.6220**



[www.centermh.org](http://www.centermh.org) • Call 970.252.3200 to learn more or to make an appointment.