

Tips for coping with stress

Youth

The outbreak of coronavirus disease 2019 (COVID-19), may be stressful for you and other people at your school. Fear and anxiety about a disease can be overwhelming and cause strong emotions in people of all ages.

Everyone reacts differently to stressful situations. Reactions during an infectious disease outbreak can include:

- Fear and worry about your own health and that of your friends and family.
- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Anger or sadness.
- Use of alcohol, tobacco, or other drugs

You can help manage your stress by:

- Avoiding excessive exposure to media coverage of COVID-19, including social media.
- Taking care of yourself. Exercise, take deep breaths, stretch or meditate.
- Trying to eat healthy foods and get enough sleep. Avoid alcohol, drugs and tobacco.
- Do something you enjoy.
- Talk to friends and family.

Parents

It is normal for anyone, including teens, to feel stressed by COVID-19. When parents and caregivers deal with the COVID-19 outbreak calmly, confidentially and factually, they can provide the best support possible.

Not all teens respond to stress in the same way. Some behavior changes to watch for:

- Anger, fighting, or bullying
- Changes in eating behaviors or eating disorders
- Running away
- Isolation or withdrawal
- Self-harm (such as cutting or self-mutilation)
- Use of alcohol, tobacco or other drugs

Parents can help support their child by:

- Taking time to talk with and listen to your teen about the COVID-19 outbreak. Answer questions and share facts about COVID-19.
- Reassuring your teen that they are safe. Let them know it is ok to feel upset. Share with them how you deal with your own stress.

If you feel overwhelmed or unable to cope with your stress, these resources are available to help.

Hotlines and Crisis Lines

- [National Suicide Prevention Lifeline \(suicidepreventionlifeline.org\)](https://suicidepreventionlifeline.org): 1-800-273-8255
- [Veterans Crisis Line \(veteranscrisisline.net\)](https://veteranscrisisline.net): 1-800-273-8255 and Press 1
- [Crisis Text Line \(crisistextline.org\)](https://crisistextline.org): text MN to 741741
- [Trevor Lifeline for LGBTQ youth \(thetrevorproject.org\)](https://thetrevorproject.org): 1-866-488-7386
- [Trans Lifeline \(translifeline.org/hotline\)](https://translifeline.org/hotline): 877-565-8860
- [WeRNative \(for Native Americans\) Chat \(wernative.worldsecuresystems.com/ask-auntie/chat.htm\)](https://wernative.worldsecuresystems.com/ask-auntie/chat.htm)

State Resources

- Minnesota Mobile Mental Health Crisis Line Call: **CRISIS (**274747). For landlines, see the link below for mental health crisis phone numbers in Minnesota by county.
 - [Adult mental health crisis response phone numbers \(https://mn.gov/dhs/people-we-serve/people-with-disabilities/health-care/adult-mental-health/resources/crisis-contacts.jsp\)](https://mn.gov/dhs/people-we-serve/people-with-disabilities/health-care/adult-mental-health/resources/crisis-contacts.jsp)
 - [Children's mental health response phone numbers \(https://mn.gov/dhs/people-we-serve/people-with-disabilities/health-care/childrens-mental-health/resources/crisis-contacts.jsp\)](https://mn.gov/dhs/people-we-serve/people-with-disabilities/health-care/childrens-mental-health/resources/crisis-contacts.jsp)
- [National Alliance for Mental Illness-Minnesota \(NAMI\) \(namimn.org\)](https://namimn.org)
- [Fast Tracker \(mentalhealth.fasttrackermn.org\)](https://mentalhealth.fasttrackermn.org)-Connecting mental health providers, care coordinators, and consumers to resources in Minnesota

Community Providers

- Crisis Line And Referral Service (24 Hours): Call 218-828-4357 or 800-462-5525