

Managing Stress in These Trying Times

The following are common reactions to stress such as the economic crisis that can affect emotional or mental well-being:

- Persistent sadness/crying
- Excessive anxiety
- Lack of sleep/constant fatigue
- Excessive irritability/anger
- Increased drinking, illicit drug use, including misuse of medications
- Difficulty paying attention or staying focused
- Apathy – not caring about things that are usually important
- Not being able function as well in day-to-day activities

The following are coping techniques to help manage stress:

- Try to keep things in perspective, recognize the good aspects of life and retain hope for the future.
- Strengthen connections with family, friends and spiritual and faith-based affiliations that can provide important emotional support.
- Engage in activities such as physical exercise, sports, hobbies and social events that can relieve stress and anxiety and can enhance a sense of connectedness and self-worth.
- Pursue opportunities to retrain to develop new employment skills.
- Engage in creative thinking on an individual and group basis to develop new employment opportunities.
- Remember that every crisis is temporary, life goes on, and together we can emerge triumphant.

Brought to you by the

**USVI Division of Mental Health, Alcoholism, and Drug Dependency Services, Black Psychiatrists of America,
National Association of Black Social Workers**

