

Coping & Recovery Resources

During this difficult and uncertain time due to COVID-19, we wanted to make sure you have access to resources on how to cope with the stresses you may be feeling, especially for those of you who are at home and as we continue to engage in social distancing.

Coping Resources	
Veterans Crisis Line 1-800-273-8255 and press 1, Text 838255, chat online using this link: Veterans Crisis Line Support for deaf and hard of hearing 1-800-799-4889	
Veterans Resource Center 602-222-2774	
National Suicide Prevention Lifeline 1-800-273-8255	
Disaster Distress Helpline 1-800-985-5990 Immediate crisis counseling related to disasters, 24/7	
Mental Health & Recovery Resources	
SAMHSA National Helpline 1-800-662-4357 SAMHSA’s National helpline is a free, confidential, 24/7, 365-day-a-year referral and information service in English and Spanish	
Core Recovery Direct Admissions Line 623-237-1041 Offering Telehealth Substance Abuse Recovery services ages 14-65 years of age	
Phone AA Meetings 2pm daily: 425-436-6360, access code:422932#	
Virtual NA	Virtual NA Meetings
Online AA Meetings	Virtual AA Meetings
Addiction Recovery	Online Meeting Information
Smart Recovery	Smart Recovery
Recovery Support	Recovery Support Groups
Eating Disorder Support Group	Eating Disorder Support Groups
Depression & Bipolar Support Groups	Depression and Bipolar Support Groups
Anxiety Support Groups	Anxiety Support Groups
Therapy Tribe	Support Groups
Set up own meeting	Set up your own support group
National Center for PTSD PTSD VA	
Whole Health Circle of Health Whole Health	

Pleasant Activity List to Engage in While Social Distancing

- Taking a bath or shower
- Cataloging a collection
- Planning my career
- Recycling/donating old items
- Going on a date at home
- Renting a movie
- Jogging, walking
- Listening to music
- Recalling past happy moments
- Lying in the sun
- Watching comedy
- Video calling friends/family
- Model building
- Puzzles
- Group video hangouts
- Joining a digital local community group
- Saving money
- Baking
- Cooking
- Compiling recipes
- Creating a debt elimination plan
- Practicing martial arts
- Repairing things around the house
- Working on my car/bicycle
- Dressing up
- Noticing acts of kindness
- Taking care of plants
- Doodling
- Exercising
- Riding a bike
- Gardening
- Flying kits
- Practicing golf skills
- Candlelit evenings
- Riding a motorcycle
- Card games, board games
- Singing
- Praying, practicing religion
- Thinking, I'm doing ok
- Enjoy doing nothing
- Sketching, painting
- Embroidery/cross stitching
- Virtual Clubs (garden, sewing, etc.)
- Virtual support groups
- Birdwatching/nature watching
- Playing musical instruments
- Making a gift for someone
- Watching sports
- Hiking, rock hounding
- Playing tennis, pickleball
- Early morning coffee/tea
- Watching my children play
- Researching national parks
- Flint knapping/ wood working/ leather working
- Connecting on social media
- Photography
- Fishing
- Reading
- Acting
- Writing in a journal/gratitude journal/"thing I did well" journal
- Cleaning
- Dancing
- Going on a picnic
- Meditation/mindfulness
- Practice breathing exercises
- Solving riddles
- Looking through/organizing old photos
- Crocheting/knitting/quilting
- Stretch/foam roller
- Podcasts
- Reflect and develop goals for the next year
- Learn a language
- Skin care-face mask, exfoliate, paint nails
- Soaking feet
- Trying a new hairdo
- Putting on make-up

Virtual Recreation & Leisure Resources

Please Note: These resources listed are shared, but not endorsed by the VA. If you are engaging in any listed physical activity please only do so to your ability and consult your medical provider prior to engagement.

Online Fitness	
Dare Bee	Darebee, is online global fitness resource. You can download and print materials and resources. List of streaming exercise classes available for free or donation
Workout Exercises	List of streaming exercise classes available for free or donation
Free Workout Videos	Free Online Fitness videos/classes
30 Min Beginner Workout	Beginner workouts
Low Impact 20 Min HIIT Workout	Beginner/Intermediate workouts
1 mile Happy Walk	Walk at Home – 1 Mile
Corepower Yoga	Free online yoga classes
Online Yoga Videos	Online Yoga
Online Taekwondo Workouts	Online Taekwondo Workouts
Online Workout	Online Workouts
Go Noodle	Movement and Mindfulness Videos for Children
Little Twisted Sister	Currently Free at-Home kids yoga lesson plans
Sworkit	Kids Workouts
HASfit	Low Impact Workouts
20 Min Interval Run	20 Min Interval Run Workout
20 Min Yoga for Beginners	20 Min Yoga for Beginners
Morning Yoga	Morning Yoga
Power Yoga	Power Yoga
Adaptive Yoga	Adaptive Chair Yoga
Adaptive Exercises	Adaptive Exercises
Exercises for Older Adults	Exercises for Older Adults
Upper Body Exercises	Upper body exercises adapted for individuals ambulating in a wheelchair
Wheelchair Fitness	Wheelchair Fitness
HITT Workout for Wheelchair Users	Wheelchair HIIT
Wheelchair Yoga	Wheelchair Yoga
Gentle Seated Yoga	Seated Yoga
List of Yoga Videos for Beginners	Yoga for Beginners
Now A Days NYC	Have a Dance Party!
50 Full Body Exercises	Fully body exercises you can do anywhere!
Just Dance 3!	Just Dance!
Home Exercises for Beginners	Home Exercises for Beginners

Stress Reduction/Mindfulness/Meditation/Biofeedback	
Palouse Mindfulness	Palouse Mindfulness
Mindfulness Exercises	Mindfulness Exercises
Free Mindfulness	Mindfulness Exercises
Journaling Prompts	Journaling Prompts
Meditative Playlist	Meditative Playlist
Calming Music	6 Hours of Calming Music
How to Meditate	Meditation
Meditation for Anxiety	Meditation for Anxiety
Guided Imagery	Guided Imagery
Yoga Nidra	Yoga Nidra Video
Guided Imagery	Guided Imagery
Yoga for Stress & Anxiety	Yoga for Stress & Anxiety
Yoga for Chronic Pain	Yoga for Chronic Pain
5 Min Meditation	5 Minute Meditation
10 Min Meditation	10 Minute Meditation
Guided Body Scan	Guided Body Scan
Sound Healing	Sound Healing
Health Journeys Guided Imagery Audio Library	Health Journeys Guided Imagery & Meditation
Meditation Oasis Podcast	Meditation Oasis Podcast
Chris Germer Meditations	Chris Germer Meditation
Military Meditation Podcast	Military Meditation Coach Podcast
VA Mindfulness Awareness	VA Mindfulness Awareness Resources
EliteHRV	Elite HRV Application
Heartmath	Heart Math Online program free for veterans for improved self regulation
VA Power of the Mind	VA Power of the Mind
Mind Body Tai Chi	Tai Chi
Tai Chi Fundamentals	Tai Chi Fundamentals--Adaptive
Tai Chi Fundamentals	Tai Chi Fundamentals--Standing
7 Minute Chi	7 Minute Chi
VA Moving the Body	VA Moving The Body
Veterans Yoga Project	Veterans Yoga Project
Veteran Therapeutic Yoga	Therapeutic Veteran Yoga
Yoga for Veterans	Yoga Journal Resources
Warriors At Ease	Warriors at Ease—Mind Body Practices
Online Yoga	Comeback Yoga
Creative Activities	
Pixal Art	Make your own pixel-based virtual art
Loop Labs	Make Music online
Lunch Doodles	Doodle—create doodles via tutorials
The Color	Coloring Pages
Think Written	Poetry Prompts

Zentangles	Zentangles
Beginners Origami	Origami
Learn Origami	Learn Origami
Pendleton Arts	Art Projects
ARTSY	Art Classes online
Mandala Coloring	Mandala Coloring
Music/Storytelling/Plays/Opera	
MET Opera	Opera—every evening listen in on a new performance
Play Bill	Broadway—15 plays you can watch from home
Literary Arts	Literary Arts
Austin 100	Explore NPR’s Austin 100 List
Audio Books	Listen to a Book
Virtual Concerts	Watch a virtual concert
Livestream Symphony	Vancouver Symphony
Ballet Nova Center for Dance	Live Ballet
Royal Opera House	Opera
Social Distancing Festival	Social Distancing Festival
Army Field Band	United States Army Field Band Virtual Concert Series
Cognitive Activities	
NordInk	Refine Writing Skills
TED	Learn a variety of topics
Smithsonian	Smithsonian
Open Culture EDX Coursera Academic Earth	Learn from Universities—for Free
Marginal Revolution University	Learn Economics
Prodigy Game	Math Games
Code Academy	Learn to Code
Class Central	Take a Class
Ebook Central	Read
Massimo Bottura	Learn to Cook
World Bible School	Study the Bible
Duolingo	Learn a Foreign Language
NASA	Art, science, math, space
Jigsaw Explorer	Puzzles
Bunk History	Study History
Explore	
Travel & Leisure Virtual Museum Tours	Virtual Museum Tours
Explore Mars	Explore Mars

Biodiversity Library	Biodiversity Sketches
National Park Virtual Tours	National Park Tours
Virtual Tour of Yellowstone	Yellowstone Tour
Virtual Heritage Tours	Virtual Heritage Tours
Tour Great Wall of China	Great Wall of China
Explore Vatican	Explore the Vatican
San Diego Zoo	Zoo Live Feed
Monterey Bay Aquarium	Monterey Bay Aquarium Live Cam
Explore Earth	Google Earth
Virtual Hike	Virtual Hike
Additional Information	
Ways to Engage	18 ways to leave home without leaving the couch
100 Things To Do Inside	100 things to do inside

Kids Resources

Activities to do with Kids:

- PBS Kids - <https://pbskids.org/>
- FREE printable worksheets from toddlers to teens <https://www.123homeschool4me.com/home-school-free-printabl.../>
- Kids' books read by famous people <https://www.storylineonline.net/>
- Free videos from around the world from grade 3-12 <https://www.projectexplorer.org/>
- Guide to gardening for kids <https://web.extension.illinois.edu/firstgarden/>
- Get kids engaged in the world of art. <https://www.metmuseum.org/art/online-features/metkids/>
- Play games and learn all about animals – <https://switchzoo.com>
- Crafts, activities, mazes, dot to dot, etc, <https://www.allkidsnetwork.com/>
- Fun games, recipes, crafts, activities <https://www.highlightskids.com/>
- Suessville: www.seussville.com
- Fun Brain: www.funbrain.com
- Storyline Online: www.storylineonline.net
- Just Dance 3: <https://youtu.be/BhYvFMq7Xaw>
- <http://www.clubscikidzmd.com/blog/>
- www.kids.frontiersin.org
- Fun Science Experiments:
https://www.rigb.org/ExpeRimental?fbclid=IwAR22PjG6yr9uaHWCgVBcMtvHpkqP0DHR1_1ZWq9qvdeImEbs86bCWelIXQ4

VETERANS, having problems dealing with stress?

Finding it hard to concentrate?

Unable to fall asleep or stay asleep?

Try Phone-based Mindfulness Meditation!

No equipment needed! No experience needed! Only a willingness to try!

MINDFULNESS MEDITATION

is an evidenced-based, VA-supported mind-body technique that helps you face the challenges and stressors of everyday life.

Research has shown a connection between your mind and your body that can be used to improve health. When your mind is relaxed and focused on healing, your body can relax and focus on healing too. Meditation can be safely used in conjunction with other medical treatments such as prescribed medication or exercise.

Mindfulness Meditation teaches acceptance and awareness of what's going on around you as well as what's going on inside of you. **It has been effective in treating health conditions such as insomnia, anxiety, high blood pressure, chronic pain and PTSD.**

Mindfulness Meditation can be practiced sitting down, lying down, stretching, eating, even while walking the dog!

MINDFUL MEDITATION CLASSES are currently offered weekly to Veterans. Take any or all classes! We encourage you to take as many as you can!

DATES: CURRENTLY OFFERED ON EACH FRIDAY AFTERNOON

MARCH - JUNE 2020 Schedule

- MARCH 20th & 27th
- APRIL 3rd, 10th, 17th & 24th
- MAY 1st, 8th, 15th, 22nd & 29th
- JUNE 5th, 12th, 19th & 26th

TIME: 11am – 12 noon, Eastern Standard Time (EST)
10am – 11am, Central Standard Time (CST)
9am – 10am, Mountain Standard Time (MST)
8am – 9am, Pacific Standard Time (PST)

LOCATION: This class will be offered via telephone using a toll free number:

1-800-767-1750 with Access Code 54220#

FACILITATOR:

Lauren St. Hill, MSW, LSW, Health Science Specialist, New Jersey War Related Illness & Injury Study Center (WRIISC) and Department of Mental Health Research and Program Development

NO REGISTRATION REQUIRED. FOR MORE INFORMATION:

Call Debbie Skeete-Bernard at 1-973-676-1000, extension 2714.

LEARN about our other **Phone-based Meditation Class on Yoga Sleep (iRest®)** at:

<https://www.WarRelatedIllness.va.gov/clinical/integrative-health/ca/WRIISC-What-is-Yoga-Nidra-Meditation.pdf>

FOR MORE INFORMATION: Email Julia Tang at julia.tang@va.gov or call her at 1-650-493-5000 ext. 64147.



VA



U.S. Department of Veterans Affairs
Veterans Health Administration
Patient Care Services

Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak

What Is Social Distancing?

Social distancing is a way to keep people from interacting closely or frequently enough to spread an infectious disease. Schools and other gathering places such as movie theaters may close, and sports events and religious services may be cancelled.

What Is Quarantine?

Quarantine separates and restricts the movement of people who have been exposed to a contagious disease to see if they become sick. It lasts long enough to ensure the person has not contracted an infectious disease.

What Is Isolation?

Isolation prevents the spread of an infectious disease by separating people who are sick from those who are not. It lasts as long as the disease is contagious.

Introduction

In the event of an infectious disease outbreak, local officials may require the public to take measures to limit and control the spread of the disease. This tip sheet provides information about **social distancing**, **quarantine**, and **isolation**. The government has the right to enforce federal and state laws related to public health if people within the country get sick with highly contagious diseases that have the potential to develop into outbreaks or pandemics.

This tip sheet describes feelings and thoughts you may have during and after social distancing, quarantine, and isolation. It also suggests ways to care

for your behavioral health during these experiences and provides resources for more help.

What To Expect: Typical Reactions

Everyone reacts differently to stressful situations such as an infectious disease outbreak that requires social distancing, quarantine, or isolation. People may feel:

- **Anxiety, worry, or fear related to:**
 - Your own health status
 - The health status of others whom you may have exposed to the disease
 - The resentment that your friends and family may feel if they need to go into quarantine as a result of contact with you
 - The experience of monitoring yourself, or being monitored by others for signs and symptoms of the disease
 - Time taken off from work and the potential loss of income and job security
 - The challenges of securing things you need, such as groceries and personal care items
- **Concern** about being able to effectively care for children or others in your care
- **Uncertainty or frustration** about how long you will need to remain in this situation, and uncertainty about the future
- **Loneliness** associated with feeling cut off from the world and from loved ones
- **Anger** if you think you were exposed to the disease because of others' negligence
- **Boredom and frustration** because you may not be able to work or engage in regular day-to-day activities
- **Uncertainty or ambivalence** about the situation
- **A desire** to use alcohol or drugs to cope
- **Symptoms of depression**, such as feelings of hopelessness, changes in appetite, or sleeping

Taking Care of Your Behavioral Health:

TIPS FOR SOCIAL DISTANCING, QUARANTINE, AND ISOLATION DURING AN INFECTIOUS DISEASE OUTBREAK

serious medical condition.

- Contact your utility providers, cable and Internet provider, and other companies from whom you get monthly bills to explain your situation and request alternative bill payment arrangements as needed.

CONNECT WITH OTHERS

Reaching out to people you trust is one of the best ways to reduce anxiety, depression, loneliness, and boredom during social distancing, quarantine, and isolation. You can:

- Use the telephone, email, text messaging, and social media to connect with friends, family, and others.
- Talk "face to face" with friends and loved ones using Skype or FaceTime.
- If approved by health authorities and your health care providers, arrange for your friends and loved ones to bring you newspapers, movies, and books.

Sources for Reliable Outbreak-Related Information

Centers for Disease Control and Prevention
1600 Clifton Road
Atlanta, GA 30329-4027
1-800-CDC-INFO (1-800-232-4636)
<http://www.cdc.gov>

World Health Organization
Regional Office for the Americas of the
World Health Organization
525 23rd Street, NW
Washington, DC 20037
202-974-3000
<http://www.who.int/en>

- Sign up for emergency alerts via text or email to ensure you get updates as soon as they are available.
- Call SAMHSA's free 24-hour Disaster Distress Helpline at 1-800-985-5990, if you feel lonely or need support.
- Use the Internet, radio, and television to keep up with local, national, and world events.
- If you need to connect with someone because of an ongoing alcohol or drug problem, consider calling your local Alcoholics Anonymous or Narcotics Anonymous offices.

TALK TO YOUR DOCTOR

If you are in a medical facility, you may have access to health care providers who can answer your questions. However, if you are quarantined at home, and you're worried about physical symptoms you or your loved ones may be experiencing, call your doctor or other health care provider:

- Ask your provider whether it would be possible to schedule remote appointments via Skype or FaceTime for mental health, substance use, or physical health needs.
- In the event that your doctor is unavailable and you are feeling stressed or are in crisis, call the hotline numbers listed at the end of this tip sheet for support.

USE PRACTICAL WAYS TO COPE AND RELAX

- Relax your body often by doing things that work for you—take deep breaths, stretch, meditate or pray, or engage in activities you enjoy.
- Pace yourself between stressful activities, and do something fun after a hard task.
- Talk about your experiences and feelings to loved ones and friends, if you find it helpful.
- Maintain a sense of hope and positive

thinking; consider keeping a journal where you write down things you are grateful for or that are going well.

AFTER SOCIAL DISTANCING, QUARANTINE, OR ISOLATION

You may experience mixed emotions, including a sense of relief. If you were isolated because you had the illness, you may feel sadness or anger because friends and loved ones may have unfounded fears of contracting the disease from contact with you, even though you have been determined not to be contagious.

The best way to end this common fear is to learn about the disease and the actual risk to others. Sharing this information will often calm fears in others and allow you to reconnect with them.

If you or your loved ones experience symptoms of extreme stress—such as trouble sleeping, problems with eating too much or too little, inability to carry out routine daily activities, or using drugs or alcohol to cope—speak to a health care provider or call one of the hotlines listed to the right for a referral.

If you are feeling overwhelmed with emotions such as sadness, depression, anxiety, or feel like you want to harm yourself or someone else, call 911 or the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255).

Helpful Resources

Hotlines

SAMHSA's Disaster Distress Helpline
Toll-Free: 1-800-985-5990 [English and español]
SMS: Text TalkWithUs to 66746
SMS [español]: "Hablamos" at 66746
TTY: 1-800-846-8517
Website [English]: <http://www.disasterdistress.samhsa.gov>
Website [español]: <http://www.disasterdistress.samhsa.gov/espanol.aspx>

SAMHSA's National Helpline

Toll-Free: 1-800-662-HELP (24/7/365 Treatment Referral Information Service in English and español)
Website: <http://www.samhsa.gov/find-help/national-helpline>

National Suicide Prevention Lifeline

Toll-Free [English]: 1-800-273-TALK (8255)
Toll-Free [español]: 1-888-628-9454
TTY: 1-800-799-4TTY (4889)
Website [English]: <http://www.suicidepreventionlifeline.org>
Website [español]: <http://www.suicidepreventionlifeline.org/gethelp/spanish.aspx>

Treatment Locator

Behavioral Health Treatment Services Locator Website:
<http://findtreatment.samhsa.gov/locator/home>

For help finding treatment 1-800-662-HELP (4357) <https://findtreatment.gov/>

SAMHSA Disaster Technical Assistance Center
Toll-Free: 1-800-308-3515
Email: DTAC@samhsa.hhs.gov
Website: <http://www.samhsa.gov/dtac>

**Note: Inclusion or mention of a resource in this fact sheet does not imply endorsement by the Center for Mental Health Services, the Substance Abuse and Mental Health Services Administration, or the U.S. Department of Health and Human Services.*

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ADVANCING SCIENCE AND PROMOTING UNDERSTANDING OF TRAUMATIC STRESS

Managing Stress Associated with the COVID-19 Virus Outbreak

Impact of the COVID-19 Outbreak on Individuals and Communities

The COVID-19 (coronavirus) outbreak has the potential to increase stress and anxiety, both because of the fear of catching the virus and also because of uncertainty about how the outbreak will affect us socially and economically. There are practical steps you can take to improve your wellbeing.

Coping with the Stress of COVID-19

Dealing with stress reactions caused by the COVID-19 virus outbreak can improve your health, quality of life, and wellbeing. The following evidence-informed principles have been shown to be related to better outcomes in many adverse situations (Hobfoll et al., 2007). There are key actions within each element that might be especially helpful for those affected by the COVID-19 outbreak (Reissman et al, 2006; Gonzales, 2003). It's not necessary to have all elements in place but implementing some of the following suggestions may help you deal with the stress caused by the COVID-19 virus.

Increase Sense of Safety

Reduce anxiety with healthy actions that make you feel safer. The [Centers for Disease Control and Prevention \(CDC\)](https://www.cdc.gov) and other experts suggest the following good hygiene habits to limit the risk of infection:

- Wash hands frequently with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Properly dispose of used tissues.
- Cough or sneeze into your upper sleeve, arm, or elbow if you don't have a tissue.
- Clean your hands after coughing or sneezing.
- Stay at home if you are sick.
- Avoid contact with those who are sick.
- Clean and disinfect objects or surfaces that may have come into contact with germs.
- Make plans for what will happen if someone in the home becomes ill or if quarantine or shelter-in-place measures are ordered.

[Read more about prevention on the CDC website.](https://www.cdc.gov)

Stay Connected

- Seek support from family, friends, mentors, clergy, and those who are in similar circumstances.
- Be flexible and creative in accessing support via phone, email, text messaging, and video calls.
- Talk to your supervisor about the possibility of working from home temporarily.

Cultivate Ways to be More Calm

- Realize that it is understandable to feel anxious and worried about what may happen, especially when many aspects of life are being affected.
- If you find that you are getting more stressed by watching the news, reduce your exposure, particularly prior to sleep.
- While circumstances may be stressful and beyond your control, you can try to offset them with positive calming activities. Practice slow, steady breathing and muscle relaxation, as well as any other actions that are calming for you (yoga, exercise, music, keeping the mind occupied).
- Preparing for a range of possible scenarios and having adequate supplies should sheltering at home be necessary can help you feel more calm. For instance, you can put together a kit with supplies to last you and your family 3 – 5 days. Include supplies such as:
 - Water and food, vitamins, fluids with electrolytes, and food preparation items such as a manual can opener.
 - Prescribed medical supplies or equipment, such as glucose or blood pressure monitoring equipment; thermometer; medicines for fever, such as acetaminophen or ibuprofen; anti-diarrheal medication.
 - Hygiene supplies such as soap and water, alcohol-based hand wash, soap, tissues, toilet paper, and disposable diapers if necessary.
 - General supplies such as a flashlight and batteries, portable radio, and garbage bags.

[Read more about pandemic preparedness on the CDC website.](#)

Improve Your Sense of Control and Ability to Endure

- Accept circumstances that cannot be changed and focus on what you can alter.
- Modify your definition of a “good day” to meet the current reality of the situation.
- Problem-solve and set achievable goals within the new circumstances in your life.
- Evaluate the absolute risk of contracting the virus and recognize the benefits of accepting a certain level of risk in order to maintain as much of your normal routine as possible.
- Those who have been faced with life-threatening situations recommended the following strategies:
 - Quickly recognize, acknowledge, and accept the reality of the situation.
 - Make a plan for dealing with feelings of being overwhelmed or overly distressed. Preparation can make you feel more in control if these feelings arise and help you move through them quickly.
 - Combat unhelpful emotions by using distraction or staying busy---both mentally and physically.

- Avoid impulsive behavior.
- Get organized.
- Increase positive coping behaviors that have worked in the past.
- Shift negative self-statements to statements that allow you to function with less distress. Try changing “this is a terrible time” to “this is a terrible time, but I can get through this.”
- Rather than getting discouraged, focus on what you can accomplish or control.
- Seek out mentoring or information to improve your ability to make decisions and take actions when necessary.
- Try to engage in the situation as a challenge to be met, which can increase your ability to act both creatively and decisively (Gonzales, 2003).

Remain Hopeful

- Consider the stressful situation in a broader context and keep a long-term perspective.
- Look for opportunities to practice being more patient or kind with yourself, or to see the situation as an opportunity to learn or build strengths.
- Celebrate successes, find things to be grateful about, and take satisfaction in completing tasks, even small ones.
- Give yourself small breaks from the stress of the situation by doing something you enjoy.
- Draw upon your spirituality, those who inspire you, or your personal beliefs and values.

Resources

- Tools to help with symptoms are available—see Resources for Survivors and the Public Following Disaster and Mass Violence on our website:
https://www.ptsd.va.gov/understand/types/resources_disaster_violence.asp
- If you need help right away call 1-800-273-8255
Press “1” if you are a Veteran.

References

- Gonzales, G. (2003). *Deep survival. Who lives, who dies, and why. True stories of miraculous endurance and sudden death.* W.W. Norton & Company. New York.
- Hobfoll, S. E., Watson, P. J., Bell, C. C., Bryant, R. A., Brymer, M. J., Friedman, M. J., et al. (2007). Five essential elements of immediate and mid-term mass trauma intervention: Empirical evidence. *Psychiatry, 70*(4), 283-315.
- Reissman, D. B., Watson, P. J., Klomp, R. W., Tanielian, T. L., & Prior, S. D. (2006). Pandemic influenza preparedness: adaptive responses to an evolving challenge. *Journal of Homeland Security and Emergency Management, 3*(2).