

## STRESS OF A CRISIS MAY STRONGLY IMPACT

### ELDERLY



### CHILDREN & TEENS



### MEDICAL TEAMS



## FURTHER RESOURCES

### LRAFB Helping Agencies

#### Mental Health Clinic

501-987-7338

#### Military One Source

1-800-342-9647

#### ADAPT

501-987-7338

#### Family Advocacy

501-987-7377

#### Military Family Life Consultants (MFLC)

501-366-7703

#### Chaplain

501-987-6014

#### Appointment Line

501-987-8811

### Other Resources

#### CDC COVID-19 How to Prepare

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/index.html>

#### Little Rock Air Force Base Website

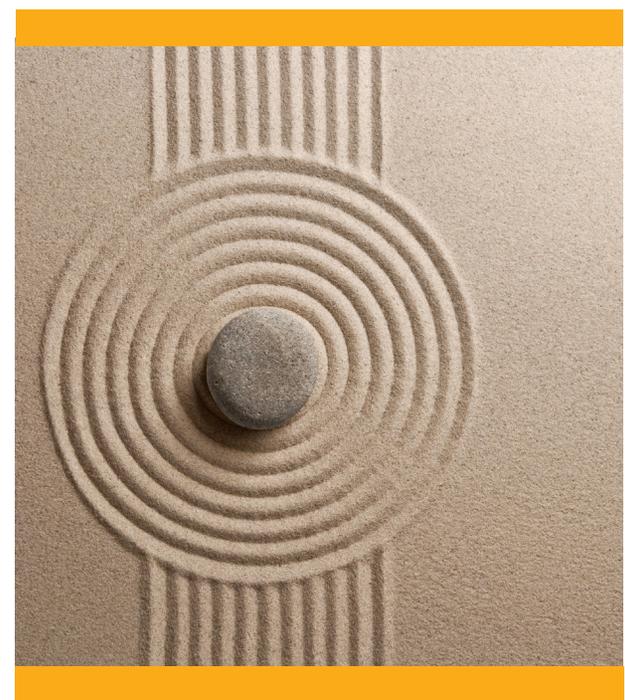
<https://www.littlerock.af.mil/coronavirus>

Compiled by 19 MDG and 19 AW Public Affairs

For more information: [www.cdc.gov/COVID19](https://www.cdc.gov/COVID19)



### MANAGING STRESS AND ANXIETY



Stay current with local policy regarding COVID-19 visit:

[www.littlerock.af.mil/coronavirus](https://www.littlerock.af.mil/coronavirus)

# UNDERSTANDING STRESS

## Stress May Pertain to



## Physical Symptoms of Stress Include

- Increased heart rate
- Increased perspiration
- Quick, shallow breaths
- Light headedness
- Increased adrenaline
- Chest pains
- Increased muscle tension

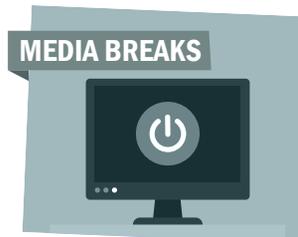
These symptoms are your natural “fight or flight” response when the sympathetic nervous system responds to danger and emergency situations. They are a **NATURAL RESPONSE TO STRESS**.

## Cognitive Symptoms of Stress Include

- Uncontrollable worry
- Negative thoughts you cannot stop
- Fear, apprehension
- Negative thoughts about yourself, the future, or past events
- Feelings of impending doom

These symptoms are a result of thinking and can prompt our bodies to respond to danger even if we are not physically threatened. Over time, feelings of stress can become a pervasive mood of anxiety.

## Self-support Measures



### MEDIA BREAKS

Take breaks from watching, reading or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.



### MAKE TIME TO UNWIND

Try to do other activities you enjoy.



**Center for Disease Control**  
<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

**Little Rock Air Force Base**  
<https://www.littlerock.af.mil/coronavirus/>



### HEALTHY LIVING

Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep.



### TALK TO FAMILY & FRIENDS

Connect with others. Talk with people you trust through phone calls, video chats, and social media.



## Diaphragmatic Breathing Exercise

- Sit in a comfortable position (legs, shoulder width apart, eyes closed, jaw relaxed, arms loose).
- Place one hand on your chest, one hand on your stomach. Keep your chest relatively still.
- Try to breathe so that only your stomach rises and falls.
- Try to pace your breathing so that it takes roughly 5 seconds to inhale and another 5 seconds to exhale.
- Practice for 3-5 minutes several times a day. This exercises can also be useful right before or after a stressful event.

It is normal for this type of breathing exercise to feel awkward at first. Remember, you control how much air you are breathing in and breathing out. If you find yourself gasping or lightheaded, you may need to alter your breathing. With practice it will become more natural.

## Sleep Enhancement

Most people have experienced a moment where a stressful day might make sleep more difficult for them when they finally get a chance to rest. But getting poor sleep also increases our likelihood of having a stressful day after we wake up. Improving sleep can thus reduce stress and anxiety.

Some sleep improvement guidelines:

- If possible, set specific times in which you sleep. Consistency is key.
- Avoid naps.
- If you cannot sleep within 20 minutes of laying in bed, get up and do something relaxing. Return to bed when you feel you might sleep. If you still can't sleep, get up again!
- Use your bed only for sleep, not for looking at your phone or watching TV.
- Avoid caffeine for 6 hours prior to sleep.
- Avoid electronic screens (phones, TVs, computers) for 1 hour before sleep.