

# Dealing with Stressful Events

Dealing with disease outbreaks like the Ebola epidemic can be stressful and overwhelming. You may be worried about yourself and your family and feeling frustrated or powerless.

**It is normal to feel this way.** Try to be patient with yourself and with the people around you. Give yourself time to cope and heal.

## Tips for Managing Stress

- ▶ **Get information from a reliable source.** Try not to act on rumors. Instead, get information from reliable sources, such as [nyc.gov/ebola](http://nyc.gov/ebola) or 311. Remember that too much media (for example, TV, radio, Facebook, Twitter and Instagram) can upset you and others around you, especially children.
- ▶ **Take care of yourself.** Stress can make you feel tired or cause other physical reactions like headaches, chest pains or breathing problems. It can also make existing medical problems worse. These tips can help you feel calmer:
  - *Try to eat healthy meals, and limit caffeine.*
  - *Sleep six to eight hours a night, if you can.*
  - *If possible, exercise; even a short walk can help you feel calmer.*
  - *Save time for activities that you enjoy.*
  - *Stick to your daily routine. This will help you feel in control of your life.*
- ▶ **Speak up if you are overwhelmed.** If you feel sad, overwhelmed or hopeless, talk about your feelings. You may find that others are feeling the same way and that you can understand and support each other. Try to reach out to friends, family members or a health professional.

If you or someone you know needs help, call LifeNet (800-543-3638), a free 24 hour, seven-days-a-week helpline. Help is available in many languages, and the information you share will be kept private.

Overcoming stressful experiences is difficult, but it *is* possible with time and support. Above all, remember that **you are not alone**. Help is available.