

## RESOURCES

### Community-Based Resources

Johns Hopkins Center for American Indian Health Honoring Life Program – Shiprock, NM  
505-368-4038, [www.honoringlife.org](http://www.honoringlife.org)

Navajo Nation Division of Behavioral & Mental Health Service - Shiprock, NM 505-368-1429

Ina Counseling - Shiprock, NM 505-368-7302

Desert View Family Counseling Services  
Farmington, NM 505-326-7878

Cottonwood Clinical Services - Farmington, NM  
505-327-4584

### 24/7 Helplines

1-800-272-3-TALK (8255) Suicide  
Prevention Lifeline – dedicated to Native  
Americans

1-800-662-HELP (4357) Substance Abuse  
& Mental Health Administration (SAMHSA)  
National Helpline

STRESS, EMOTIONAL & MENTAL HEALTH  
CONSIDERATIONS

# COPING WITH COVID 19

A Resource Guide for CCSD employees

How to cope effectively, manage stress and  
connect with others.



## FIGHTING DEPRESSION - NATURALLY

Depression can drain your energy, leaving you empty and tired.

### SMALL STEPS

1. Meet yourself where you are. Accept that where you're at emotionally right now isn't where you'll always be.
2. Let yourself feel the emotions – but don't stay there.
3. Ask yourself "is this a fact or a feeling?". Work at understanding that being negative isn't always realistic or true.
4. Practice positivity
5. Do something you enjoy, i.e. read a great book, paint, go for a walk, listened to favorite (upbeat!) music
6. Practice gratitude.
7. Establish a healthy sleeping routine.
8. Be as kind to yourself as you would be to a friend going through the same tough times.

## DEALING WITH ANXIETY

To calm your mind and cut stress, try working these self-care tips into your daily life.

### POWERFUL COPING

1. Work on coping with your feelings, not avoiding them.
2. Set-up a great sleep scenario. Attend to temperature, bedding, possible interruptions & perhaps invest in background "music" such as gentle rain, surf or other sounds of nature.
3. Ease up on caffeine and alcohol.
4. Schedule your worry time. Pick a time. Give yourself 30 minutes. Then let it go.
5. Respect yourself, your feelings but don't over-validate or focus on reinforcing anxiety – fear is a liar.
6. Be determined to enjoy your life, your loved ones, your interests every day

### DIFFICULT ROADS OFTEN LEAD TO BEAUTIFUL DESTINATIONS

## CONTACT

For further information, please call

### After school hours

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### Available Monday thru Friday 7:30 am to 3:30 pm

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