

HOW ARE YOU?

CALM AMIDST AN EPIDEMIC



HAVE YOU BEEN EXPERIENCING:

FEAR

- restless or nervous
- dizzy or light-headed
- sweaty and feeling like being in need of frequent toilet breaks
- suddenly feeling scared
- Afraid or hesitant to make eye contact

SADNESS

- feeling like crying when thinking about what happened to you and others around you
- easily tired and often lethargic
- loss of appetite
- feeling hopeless in life
- losing sleep, staring blankly and finding it hard to think clearly
- avoiding conversations about the challenge

ANGER

- irritable and impatient
- blaming others for hardships brought by the epidemic, such as lack of important supplies or even livelihood
- questioning why this is happening to you

REMEMBER:

These are normal reactions of those who experienced or continue to experience a crisis or calamity. These reactions are not a sign of weakness or insanity. Changes in our feelings and emotions can be experienced up to two weeks or even more depending on our situation.

WHAT CAN YOU POSSIBLY DO?

1. Ask yourself: how did I overcome previous challenges? can I also make use of those strategies for what I am going through right now?
2. Get useful updates and listen to officials in your area. Make sure that sources of information are trustworthy.
3. Engage in healthy conversations. While you and your family are at home, talk to one another about your feelings and experiences in this current challenge. Parents and other caregivers of children should give each other support especially during these times. It will be helpful especially for children to know that it is normal to experience fear, sadness or anger. What's important is to find positive and healthy activities to do to cope well.
4. Give special attention to the needs of the elderly, people with disabilities, and those who are ill. It is also comforting to know that we are able to help and share happiness to those who are in greater need.
5. Try your best to go back to being (or to remain) active at home or at work. Help out with chores or finish the project that you've been wanting to accomplish for a long time. It is comforting to know that we are able to accomplish something--big or small, you were able to do it!
6. Postpone big decisions. As much as possible, avoid making big decisions during a crisis. Because stress levels are high, you might end up making decisions haphazardly.
7. Make time for rest, relaxing activities, and, most of all, prayer.

ADDITIONAL ACTIVITIES THAT MIGHT HELP REDUCE STRESS

1. While you are in your room, take slow, deep breaths. *Inhale...hold 8 seconds...exhale...seven times or more*
2. Do stretching exercises. Stretch your arms and legs. You may do this at home or at work.
3. Maintain a healthy diet and rest. Pay attention to your health, diet and sleep.
4. Drink at least eight glasses of water daily to help cleanse your body.
5. Maintain proper hygiene. Take a bath, wash hands with soap for at least 20 seconds, sneeze or cough on your elbows, use disinfecting alcohol or hand sanitizer when outside, and avoid crowded places as much as possible.
6. Motivate oneself:
I am not a victim, I'm a survivor!
Everything will eventually be fine...
It's difficult...but we'll make it...
7. Use your imagination. Bring to mind your favorite peaceful place or happy memory. Remember those who give you happiness and inspiration. Remind yourself that you are not alone in this challenge.
8. Share your feelings. Converse with close family or friends about things that trouble you and about how you feel.
9. Endless prayers and faith.

ARE YOU FEELING BETTER?

After reading this, we request that you pass the information to others. During times of epidemics, it is truly important that we help one another. Never doubt the need to ask others how they are. You have no idea how much difference can be made by a heartfelt, “Hey, how are you?”

BUT, IF YOU OR SOMEONE YOU KNOW:

- continue to lose sleep or appetite
- find it difficult to go back to work (even when possible) or to regular routines
- think of hurting oneself or others
- breaking objects because of extreme anger
- hurt someone (emotionally or physically)
- Frequently remembers the calamity that is happening to a point that one can no longer function normally

Seek professional help. Get in touch with:

A. FOR THE GENERAL PUBLIC

National Center for Mental Health 0917-899-USAP (8727)
7-989-USAP (8727)

Hopeline 0918-873-4673 (Smart)
0917-558-4673 (Globe)
(02) 8804-4673 (PLDT)

**National Association for Social Work Education Inc.
(BARMM Volunteers)**

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Anuar M. Mustapha, RSW	0920-969-0537
Joven F. Tambag, RSW	0995-963-8790

**The De La Salle University-Dasmaringas
Center for Applied Psychology**

Register for appointment via <http://tiny.cc/DCAPCovid19>
Text/Viber: 0935-751-9227 Mobile: 0919-499-8381
<https://www.facebook.com/DLSUDCAP/>

In Touch Community Services

Phone: (02) 8-893-7603 Mobile: 0917-800-1123 or 0922-893-8944

The Masters Psychological Services

List of volunteers at www.shorturl.at/empEY

Mental Health First Responders (MHFR)

For online peer and family support, register via
<https://forms.gle/DN49AwPw4X4VwvFR7>

Philippine Mental Health Association, Inc. (PMHA)

Online chat support via <https://www.facebook.com/PMHAofficial>
Every Mon-Sat, 8am-5pm
Outside regular hours:
Email phmacds@gmail.com or text 0917-565-2036

PsychConsult, Inc.

For those diagnosed with Covid-19, PUIs, PUMs, and family members
Register online at www.bit.ly/PCI-COVID19
Email: psychconsult@gmail.com
Phone: (02) 8692 9844 Mobile: 0917-808-0193

Psychli-nik Psychological Assessment and Intervention Services

Email: psychlinik06@gmail.com Mobile: 0917-534-1572

Camp Navarro General Hospital, Zamboanga City

Email: lolina_bajin@yahoo.com

Viber: 0917-305-1891

Mobile: 0966-691-6116

The Hoffen Clinic

(Center for Mental Health and Psychosocial Development)

For PUIs, PUMs, and their family members

Mobile: 0951-815-HOPE (4673)

Email: centerformentalhealth@adventisthealth-dvo.com

University of San Carlos (USC)

Mental Health Support for COVID-19 Crisis

Online chat support via

<https://www.facebook.com/USC-Mental-Health-Support-for-COVID-19-Frontliners-105068654461755/>

Western Visayas Psychosocial Support for COVID-19

Online chat support via

<https://www.facebook.com/westernvisayas.psychosocial/>

Philippine Sports Commission (PSC)

Provides psychosocial services for national athletes

www.shorturl.at/zKN38

B. FOR HEALTH WORKERS & FRONTLINERS

Ateneo Bulatao Center for Psychological Services

E-mail: bulataocenter.ls@ateneo.edu

<http://ateneobulataocenter.com/>

Circle of Hope Community Services, Inc.

Mobile: 0917-822-2324 or 0908-891-5850

Register for appointment via www.bit.ly/SCbreak

www.circleofhopecommunity.com

GrayMatters Psychological and Consultancy, Inc. Philippines

(Medical workers, responders, pharmacy/grocery workers, delivery personnel, drivers, civil service employees, government personnel, utility workers, bank workers, journalists & reporters, farmers & factory workers, military officers)

Mobile: 0917-709-6961

[BIT.LY/GMFRONTLINERS](https://bit.ly/GMFRONTLINERS) (case-sensitive)

www.graymattersportal.ph

PsychConsult, Inc.

Free for all frontliners and their family members

Register online at www.bit.ly/PCI-COVID19

Phone: (02) 8692 9844

Mobile: 0917-808-0193

SLU-Sunflower Children and Youth Wellness Center

Online Chat Support via

<https://www.facebook.com/slusunflowerchildrencenter/>

Email: slusunflower@slu.edu.ph

Mobile: 0915-541-550 or 0928-832-6372

The UP Diliman Psychological Services

Interested healthcare workers may contact 0906-374-3466 and indicate name, designation and affiliated hospital.

Central Luzon Volunteers for Mental Health

<https://www.facebook.com/clvmhonlinecounseling>