

Managing emotional health during uncertain times

Alameda County Behavioral Health (ACBH) continues to actively engage in our Health Care Services Agency planning for impacts and uncertainties associated with COVID-19, and what these actions may mean for ourselves, families and communities. ACBH has developed the following guidance for engaging with individuals who might be impacted from a behavioral health perspective.

Information sharing

- It is important to share to factual data or updates; particularly related to approved universal health precautions already identified by the CDC such as frequent hand washing, use of hand sanitizers, using your elbow while coughing/sneezing, seeking medical care as needed.
- Making statements regarding potential case scenarios or possible catastrophic impacts to the community are not helpful and actually increase stress and anxiety.
- Everyone who sees or experiences an emergency is affected by it in some way. Normalizing this experience can be both affirming and helpful to an individual.
- Remind individuals to write down and share approved universal health precautions so they may be accessible and easily shared with others.

Self-care strategies for professionals, caregivers, or community members

To ease emergency related stress:

- Talk with someone about your feelings - anger, sorrow and other emotions - even though it may be difficult.
- Do not hold yourself responsible for the event or be frustrated because you feel you cannot help directly in the work.
- Take steps to promote your own physical and emotional healing by healthy eating, rest, exercise, relaxation and meditation.
- Use existing support groups of family, friends and religious institutions.

