

Reach for Resilience

Helpline for
ND Healthcare Workers

Call us at:
701-365-4920

In a crisis? Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255)

Tackling Holiday Stress

COVID-19 has certainly brought its share of challenges this year. The holiday season often brings increased stress with planning, finances, and travel. In our region, plans have often been made with weather permitting. This year, plans are having to be contingent on COVID, too.

- ▶ Make a special point of reaching out to a family member or friend who tends to isolate. Ask them how they are doing. Ask them if they are safe. Tell the person why they matter to you.
- ▶ If you're the one who tends to isolate, we encourage you to connect with someone you care about, and talk about the things listed above.

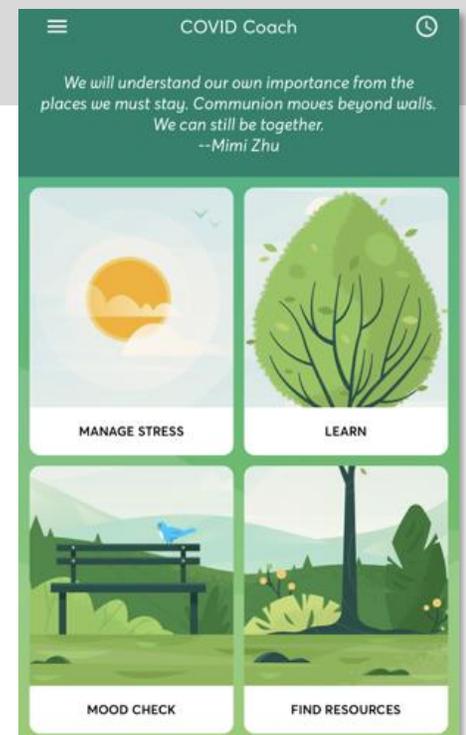
Tips for Coping

- ▶ **Refocus** – what are your values? What is important to you during this season?
- ▶ **Prioritize** – What do you need to do now? What do you need to plan for? What doesn't really need to get done? What can others do to help?
- ▶ **Traditions** – How can you adapt existing traditions? What new traditions can you start?
- ▶ **Self-care** – Watch what you eat and drink, get some exercise, and make time for rest and relaxation.
- ▶ Set a **budget** you can achieve and stick to it.
- ▶ What new or different ways can you **connect** with family and/or friends?
- ▶ **Talk** about how you're feeling – seek professional help when needed.



COVID COACH

Developed by the Department of Veterans Affairs (VA), the app connects you to resources to help you cope with stress, stay healthy, stay connected, and navigate many issues facing individuals during this pandemic.



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