



Confederated Tribes of the Chehalis Reservation

Coping with the Stress

Feelings such as loneliness, boredom, fear of contracting disease, anxiety, stress, and panic are normal reactions to this stressful situation. Here are some helpful things to get us through:

- Although you need to stay informed, minimize exposure to media outlets or social media.
- Focus on what you can accomplish.
- Focus on what gives you meaning, purpose, or fulfillment.
- Give yourself small breaks from the stress of the situation.
- Attempt to control negative statements and replace them with thoughts that are more helpful.
- Reach out to your friends and family.
- Keep your family's schedule consistent when it comes to bedtimes and meals.
- Make time to do things at home that have made you and your family feel better in other stressful situations: Reading, watching movies, listening to music, playing games, exercising, or engaging in spiritual activities. Making a new recipe!

Remember, you are a role model for your children. How you handle this stressful situation can affect how your children manage their worries.

Focus on supporting children by encouraging questions and helping them understand the current situation.

- Talk about their feelings and validate feelings. For example, "This does feel scary. I am here with you, and we will get through this together."
- Help them express their feelings through drawing or other activities.
- Clarify misinformation.
- Provide comfort and a bit of extra patience.

Helpful Numbers:

Leah Niccolucci Chehalis Behavioral Health Director 360-463-2553

Chehalis DV Advocate Hotline 360-789-3627

Other resources

Thurston County Crisis Clinic 360-586-2800

Grays Harbor Crisis Clinic 360-532-4357

Mobile Crisis Team 360-807-2440