



As you process and heal,
please remember the 5 T's.

1. Time

Give yourself time.

It takes time to process, grieve,
and heal.

2. Talk

Talk about your thoughts and
feelings.

You are not alone.

3. Tears

What soap is for your body, tears
are for your soul.

4. Touch

When there are no words, give or
get a hug or a simple touch.

5. Tolerance

Be patient with yourself and
others. Take a break and practice
self care.

AuSable Valley Community Mental Health Critical Incident Stress Management Team



It's O.K. to Respond That Way Understanding Normal Stress Responses

You've just had a terrible experience. Now you will probably experience some difficult physical and/or emotional responses. This may be happening now. Many people are fearful that their reactions are unique. Please don't be alarmed. These are normal responses of normal people to a highly abnormal event. It's O.K. to feel that way...

“What are common Stress Responses?”

- Physical changes may include fatigue, headaches, heartburn, difficulty sleeping, nightmares, and a loss or increase in appetite.
- Emotional and mental responses include confusion, anxiety, fear, numbness, despair, depression, guilt, anger, grief, withdrawal, and helplessness.
- Poor concentration, flashbacks, and intrusive thoughts are all common normal responses.

“When will I feel these things?”

- There is a good chance that you are experiencing some of the physical and emotional responses now, even though the event is over.
- Sometimes these responses appear immediately, but with other people, days, weeks, or even months may pass before the stress reactions appear.

“How long will these reactions last?”

- The time it takes for emotional wounds to heal varies from person to person. Some events are just too powerful to manage quickly. Much like the flu, grief and anxiety reactions must run their course. No one can deny that this is a difficult experience, but it is important to know that things will improve.

“What if I begin to feel worse?”

- Sometimes the intensity of your response may increase, or the reaction may be very prolonged. Professional assistance from a counselor can help. This does not imply weakness or craziness. It simply means that the particular event was so powerful that it pushed you beyond your normal coping capabilities.

“What can I do to feel better?”

- The passage of time will help, and talking things out with professionals, peers, or loved ones will help a lot. In fact, it is crucial that you “talk out” your experience. Withdrawal and “sealing over” can make recovery more difficult.
- You should avoid alcohol and drug consumption. Alcohol is actually a depressant, and like drugs, can prolong the pain of the traumatic event.
- Take good care of yourself by eating healthy foods, exercising within your limits, getting plenty of rest, and staying in touch with people who care.

And when it's tough, remember, it's O.K. to feel that way...

HELPFUL HINTS FOR RECOVERY

Trying some of the following hints may help to alleviate the emotional pain associated with a traumatic event.

FOR YOURSELF

- Try to rest a bit more
- Contact friends
- Have someone stay with you for at least a few hours or periods for a day or so
- Reoccurring thoughts, dreams, or flashbacks are normal – don't try to fight them – they will decrease over time and become less painful
- Maintain as normal a schedule as possible
- Eat well-balanced and regular meals (even if you don't feel like it)
- Try to keep a reasonable level of activity
- Fight against boredom
- Physical activity is often helpful
- Reestablish a normal schedule as soon as possible
- Express your feelings as they arise
- Talk to people who love you
- Find a good counselor if the feelings become prolonged or too intense

FOR FAMILY MEMBERS AND FRIENDS

- Listen carefully
- Spend time with the traumatized person
- Offer your assistance and a listening ear, even if they have not asked for help
- Reassure them that they are safe
- Help them with every day task like cleaning, cooking, caring for family, and minding children
- Give them some private time
- Don't take their anger or other feelings personally
- Don't tell them that they are "lucky it wasn't worse" (traumatized people are not consoled by those statements); Instead, tell them that you are sorry that such an event has occurred and you want to understand and assist them

***If the symptoms described above are severe, or if they last longer than three weeks, the traumatized person may need professional counseling. The person or family members are advised to contact a mental healthcare professional.**

HANDOUT PROVIDED BY: AuSable Valley Community Mental Health: 989-345-5571, Access To Services: 1-844-225-8131, 24 Hour Emergency Number: 1-844-865-5569

The information on this sheet has been provided by Jeffrey T. Mitchell, Ph.D. of the University of Maryland's Emergency Health Services Program

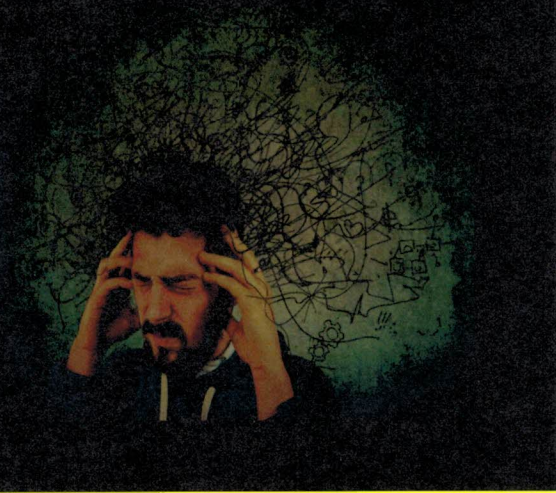




COVID-19

Mental Health Support

MAINTAINING MENTAL HEALTH AND WELLNESS IN A TIME OF CRISIS



The current pandemic can lead to stress, anxiety, fear, and other strong emotions. During this time, it is critical that you recognize what stress looks like, take steps to build your resilience, utilize healthy coping skills, and know where to go if you need help.

AuSable Valley Community Mental Health is offering a variety of services to our community via telephone and telehealth during this challenging time.

- Basic Coping Skills
- Stress Management
- Emotional Regulation
- Education
- How to Create a Sense of New Normalcy and Regain Hope

We are now offering services at no cost to members of our communities who have been affected by the pandemic that have no insurance or private insurance in Ogemaw, Oscoda, and Iosco Counties through 8/19/21.

For more information, please call 844-225-8131

For After Hours EMERGENCIES, call 844-865-5569

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The views and opinions contained in the publication do not necessarily reflect those of SAMHSA or the U.S. Department of Health and Human Services, and should not be construed as such.



AuSable Valley CMHA would like to offer access to **myStrength** to our community members—especially our front-line healthcare workers and first responders. **myStrength** is an evidence-based, self-help resource for emotional health and overall well-being

During this stressful time, **myStrength** is also offering **COVID-19** resources. Visit **myStrength.com** for more tools and tips to deal with your thoughts and emotions during this difficult time. This resource will provide you with information on Staying Connected While Social Distancing, Processing Emotions about COVID 19, and so much more.

SIGN UP TODAY

1. Visit www.myStrength.com and click "Sign Up"
2. Enter Access Code: **AVCMHCommunity**
3. Complete the sign up process and profile



Go Mobile! Download the **myStrength** mobile app, log in, and get started today.

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