

MENTAL HEALTH IN THE FACE OF

Covid-19



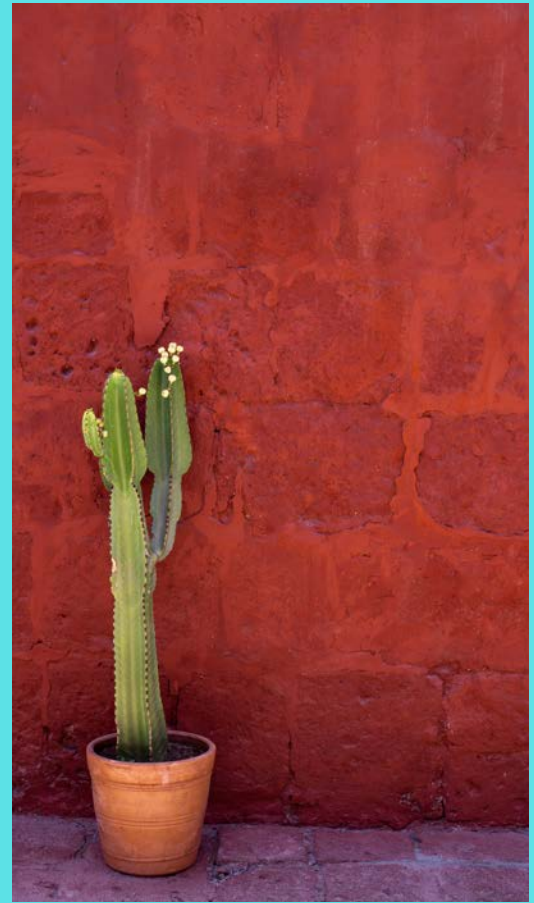
UT Health
San Antonio

Center for Research to
Advance Community Health

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INTRODUCTION



Why this booklet and how it may help?

The COVID-19 pandemic has brought many stressors, which may be affecting your mental health.

The purpose of this booklet is to provide you with practical steps and exercises to learn about your mental health and to help you keep strong in the face of adversity.

HOW CAN COVID-19 AFFECT MENTAL HEALTH?



Exhaustion



Problems in Relationships



Trouble sleeping



Unemployment



Lack of focus



Financial worries



Isolation



Eating changes

PRIORITIES

Setting priorities can help you achieve your goals and feel less stressed

- Lay out a weekly planner and jot down your ideas.
- What do you need to do first?
- Mid-week follow up on your progress.
- Edit your plan as necessary

Choose your top two priorities for this week and write them below

1. _____

2. _____

How do you plan to focus on your top two priorities this week?

1. _____

2. _____

EMOTIONS

Learn to recognize and validate your emotions

- Observe and experience your emotions without judgement.
- Think about where your emotions come from.
- Learn to accept your emotions.

How do you feel when you are stressed ?

Circle or write emotions that apply.

Angry

Annoyed
Enraged
Aggressive
Frustrated
Irritable
Mad

Anxious

Dreadful
Fearful
Jittery
Nervous
Helpless
Worried

Jealous

Bitter
Spiteful
Insecure
Envious
Resentful
Distrustful

Sad

Depressed
Hopeless
Empty
Nostalgic
Guilty
Lonely

Why are you having these emotions? Where do they come from? Example: Family, work, money, loss, etc.

Accept your emotions without judgement and love yourself

SYMPTOMS

Identify your symptoms of stress

Body: headaches, aches and pain, illnesses, etc.

Mind: indecisiveness, worrying, nightmares, etc.

Emotions: anxiety, depression, insecurity, etc.

Behaviors: overeating, lack of sleep, drug/alcohol use, etc.

What symptoms do you have when you are stressed?

Body

Mind

Emotions

Behaviors

TRIGGERS

Identify your triggers of stress

A trigger can be a person, place or situation that makes you feel stressed.

Just about anything can be a trigger!

Using the categories below, identify your common triggers

People _____
Places _____
Things _____
Thoughts _____
Activities/Situations _____
Other _____

The best way for dealing with triggers is to avoid them or to create strategies for dealing with them

Describe your strategy for avoiding or reducing exposure to each trigger identified above

People _____
Places _____
Things _____
Thoughts _____
Activities/Situations _____
Other _____

COPING SKILLS

Coping skills are actions we take to deal with stress.

Examples of healthy coping strategies:

- Gardening
- Cooking
- Exercise
- Talking about your problem
- Healthy eating
- Seeking professional help
- Relaxation techniques (e.g. deep breathing)
- Spending time with loved ones
- Problem-solving techniques

What are some healthy coping strategies that you could use when you are stressed?

1. _____
2. _____
3. _____
4. _____
5. _____

Identifying Values



- Your values define what is most important to you.
- Your values guide each of your choices in life.
- Understanding your values will help you recognize areas of your life that need more attention.
- Identifying your values will help you prioritize in the future.



TOP FIVE VALUES

Circle the five most important values in your life

Love

Recognition

Honesty

Nature

Wealth

Popularity

Humor

Responsibility

Family

Independence

Loyalty

Achievement

Morals

Beauty

Reason

Spirituality

Success

Respect

Knowledge

Peace

Power

Stability

Friends

Wisdom

Free Time

Fairness

Adventure

Creativity

Variety

Relaxation

Calmness

Safety

Freedom

Faith

Fun

Kindness

STRENGTHS AND POSITIVE QUALITIES

- People who know their strengths and use them frequently are less stressed.
- To use your strengths effectively, have a clear idea of what they are and how to use them.
- Some of your greatest strengths might be easy to recognize, while others go unnoticed.

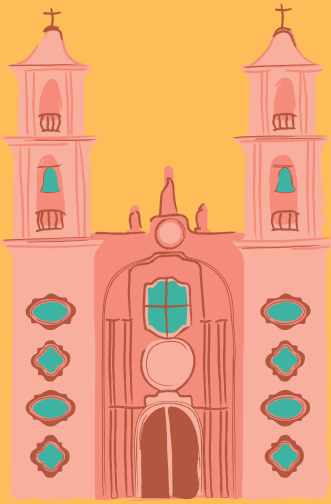
Think carefully.

List your strengths and describe how to use them.

Identify your top strengths

Use your strengths to . .

SOURCES OF SUPPORT



List three people, groups or communities that provide you with support?

1. _____
2. _____
3. _____

How can your sources of support help you feel less stressed?

1. _____
2. _____
3. _____

Safety Plan

- **Step 1:** Know when to get help. Evaluate your situation. Do you feel safe?
- **Step 2:** Set goals and develop a plan to be safe. Identify helpful information and coping skills for self-care.
- **Step 3:** Build social support. Contact trusted people or sources for help and share your feelings.
- **Step 4:** Seek help from professionals when needed to help you keep safe.

Do you have a safety plan in place?

Do not wait.

Be prepared by planning ahead.



RESOURCES



UTHSCSA ReACH Center
Mental Health Resources

[LEARN MORE](#)

National Alliance on
Mental Illness (Texas)

[LEARN MORE](#)



Mental Health America
(MHA)

[LEARN MORE](#)

National Institutes of
Health

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REFERENCES

This guide was created and adapted by:

Luz Garcini Ph.D, MPH
Kathryn Kanzler PsyD, ABPP
Raquel Romero MD, MPH, CDCES, CHWI
Norma Balli-Borrero MS, LPC Associate
Ludivina Hernandez CHWI
Michelle Garza MS, BA



Contact us: voces@uthscsa.edu

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