



CHILDREN'S
HOME
SOCIETY OF
CALIFORNIA

Self-Care During a Pandemic

Presented by
Children's Home Society of California
Long Beach Office
Resource & Referral Program



Agenda

- Common Signs of Distress
- Coping with Stress
- Making Time for Yourself
- Taking Care of Your Mental Health



Common Signs of Distress

From the Centers for Disease Control and Prevention (CDC)

- Feelings of fear, anger, sadness, worry, numbness, or frustration
- Changes in appetite, energy, or activity levels
- Difficulty concentrating and making decisions
- Difficulty sleeping or nightmares
- Physical reactions, such as headaches, body pains, stomach issues, and skin rashes
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other substances

Coping with Stress

Recommendations from the Centers for Disease Control and Prevention (CDC)

- Take care of your body and health
- Take breaks: rest, take breaks from social media and news stories
- Eat healthy, well balanced meals
- Exercise regularly
- Get plenty of sleep



Make Time for Yourself

- Find alternatives for your preferred activities, such as:

Preferred Activity	Pandemic-Friendly Option
Go the gym	Go on a walk in your neighborhood
Meet up with friends	Set up Zoom dates with friends
Relax at the spa	Relax with an at-home spa day
Travel	Plan a trip for next year
Attend a concert	Watch a virtual concert

Take Care of Your Mental Health

- Ask for help; seek support; contact your local Resource & Referral Hotline for resources
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish
- National Domestic Violence Hotline: 1-800-799-7233 or text LOVEIS to 22522
- National Child Abuse Hotline: 1-800-4AChild (1-800-422-4453) or text 1-800-422-4453
- National Sexual Assault Hotline: 1-800-656-HOPE (4673)

Mental Health Resources

- [CDC Coping with Stress Resource](#)
- [CDC Helping Children Cope with Emergencies Resource](#)
- [California Surgeon General's Playbook: Stress Relief for Caregivers and Kids during COVID-19](#)
- [UC San Diego Center for Mindfulness: Guided Audio & Video for Meditation, Mindfulness, and Movement](#)
- [The Wellness Society: Coronavirus Anxiety Workbook](#)

Thank You for Participating!

- If you have any questions or would like additional resources, please contact the Resource & Referral (R&R) Program or CHS office in your area.

CHS R&R Program or CHS Office	Phone Number/Email
Greater Long Beach Area of Los Angeles County	(562) 256-7490 ReferralsLB@chs-ca.org
Orange County	(714) 543-2273/(949) 364-6605 ReferralsOC@chs-ca.org
San Diego County	(619) 293-3411 SDCase@chs-ca.org
Sutter County	(530) 645-6298 ReferralsSutter@chs-ca.org
Ventura County	(805) 437-1910 VTCase@chs-ca.org
Yolo County	(530) 645-6265 ReferralsYO@chs-ca.org
Yuba County	(530) 645-6298 ReferralsYC@chs-ca.org