

# Taking Care of Your Wellbeing during COVID-19

Thanks for choosing Boston Medical Center to provide you with exceptional care, without exception. The primary focus of BMC is and always will be your health and the health of our community as a whole.

We recognize that it is normal to experience stress or anxiety as a result of the rapidly evolving COVID-19 pandemic, and ask that you take a moment to check-in with yourself. Below are a few tips for identifying and processing your emotions.

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## When you are under stress, it affects your thoughts, emotions, body and behavior.

**Thoughts:** Being easily distracted, trouble concentrating, trouble remembering

**Emotions:** Trouble relaxing, feeling irritable, feeling down, feeling anxious

**Body:** Increase/decrease of energy, body tension, restlessness, headaches, sweating, being easily startled, changes in appetite, difficulty sleeping

**Behavior:** Wanting to be alone, trouble completing works tasks, blaming others or getting into arguments

## Tips for Dealing with Stress & Anxiety

- **Use in-the-moment strategies** for reducing stress, such as prayer, taking deep breaths or meditating.
- **Take care of your body.** Try to eat healthy, well-balanced meals, exercise/stretch, meditate, get plenty of sleep and avoid alcohol or drugs.
- **Connect with others.** Virtual connections are important. Check-in and seek support from peers, family, friends, mentors, or spiritual leaders about your concerns and how you are feeling.
- **Make time to unwind.** Try to engage in activities you may enjoy or find to be relaxing.
- **Take breaks from the news and social media.** Hearing about the pandemic repeatedly can be upsetting. Reduce your exposure, particularly before going to sleep.
- **Seek support.** Talking to a professional about an experience can help reduce stress and anxiety, and challenge any possible negative thoughts about yourself and/or others.

### Resources and Support for BMC patients:

- Call the BMC Adult or Child/Adolescent Behavioral Health Clinic at 617-414-4238 to schedule an appointment with a mental health professional
- If you have a BMC Primary Care Provider (PCP), you can ask him/her for a referral to the Behavioral Health team
- Call the Boston Emergency Services Team (BEST) at 1-800-981-4357 if you are experiencing a mental health emergency and need assistance
- For Spiritual support, BMC's Chaplains are available 24/7 at 617-414-4299 or 857-319-4765
- Visit <https://www.bmc.org/covid-19> for more information on COVID-19 and Community Resources

### Additional Resources:

- Substance Abuse and Mental Health Services Administration (SAMHSA) Disaster Distress 24/7 Hotline: (800) 985-5990
- National Alliance on Mental Illness (NAMI) Help Line: (800) 950-NAMI (6264) Monday through Friday, between 10:00 am and 6:00 pm EST. More support options can be found at: [www.nami.org](http://www.nami.org)