

Tips for Managing Stress and or Mental Health Disorders

- Due to the covid-19 pandemic there has been a 40% increase in stress and or mental health conditions. There are many therapies and or treatment options that can be done to help decrease or alleviate symptoms of stress and or mental health conditions.
- Research has shown that cognitive behavioral therapy helps treat stress and or mental health conditions. **Psychologytoday.com** is a website where you can find a therapist or psychologist who specializes in cognitive behavioral therapy.

Tips for managing stress and or mental health conditions:

- Exercise regularly
- Get adequate sleep (7-9 hours nightly)
- Try to do something you enjoy a few times weekly.
- Talk with those close to you about how you are feeling and ask for help when needed.
- Talk with a licensed counselor or psychologist.
- Start medication for your mental health condition if your symptoms are impairing sleep, work, relationships or quality of life. Talk to your provider or psychiatrist to see what medications would treat your symptoms or condition.
- Limit alcohol and or caffeine when having difficulty with insomnia, anxiety, or depression.
- Guided imagery and or progressive relaxation audio clips 10 minutes twice daily have been shown to decrease stress and or anxiety levels and boost mood. **Calm app** and **headspace app** have numerous audio clips to choose from. **You tube** has free relaxation videos as well.
- If social isolation is a problem, consider participating in online support groups and or online church services. Reach out to friends and family members on facetime or by phone.

Helpful books:

- I Want to Change My Life: How to Overcome Anxiety, Depression, and Addiction by Steven M. Melemis PH.D M.D.
- Feeling Good: The New Mood therapy by David D Burns M.D. (thought logging in this book can be extremely helpful, you can track your progress by the depression questionnaire screening tools in this book.)
- Retrain Your Brain: Cognitive Behavioral Therapy in 7 weeks: A Workbook for Managing Depression and Anxiety by Seth J. Gillihan PH.D

Tips for taking medications:

- Headache, stomach upset, jitteriness is common in the first week when starting or increasing a medication for mental health conditions. Try taking the medication with food to limit stomach upset.

- If the medication causes drowsiness, then take around dinner time. If the medication causes increased energy, then take your medication in the morning.
- Contact your provider for any severe side effects.
- It is important to keep follow up appointments with your provider as recommended. Follow up sooner than your scheduled appointment if symptoms worsen or new worrisome symptoms develop.

Safety Plan of Care:

Call 911 if immediate intervention is needed

Call 211 for mental health referrals in DFW area

National Suicide hotline (1-800-273-8255)

Psychiatric Hospitals in DFW (Open 24 hours daily)

Texas Health Behavioral Health Hospital Arlington

800 W Randol Mill Rd, Arlington, TX 76012

(682) 236-6023

William P. Clements Jr. University Hospital

6201 Harry Hines Blvd

Dallas, TX 75390

214-630-7285

For Uninsured

JPS Psychiatric Emergency Center

1500 S. Main Street

Fort Worth, TX 76104

817-702-3636

Parkland Psychiatric Emergency Room

5200 Harry Hines Blvd, Dallas, TX 75235

(214) 590-5536