

SVFC Prevention & Early Intervention

Stress can come in many forms. Stress in small amounts can aid us in accomplishing our tasks more efficiently and help our cognitive functions. Stress in large amounts can cause anxiety. Stress is not created equally, and neither are the coping strategies people use to deal with it.

Every one deals with stress in a different way. People use different strategies to cope with the situations happening around them. With the "Stay at Home" order issued by Governor DeWine, along with the coinciding COVID-19, many people are turning to those different coping strategies to get them through these tough times. To cope with the stress and anxiety the times are bringing forth in many of us, people may turn to the use of drugs and alcohol.

Drugs, such as marijuana and alcohol are seen as "stress relievers," making them potential targets for abuse. Turning to drugs and alcohol is an unhealthy coping strategy. These substances are unhealthy because of the long term effects they have on the body and the brain.

Healthy coping strategies include; *taking a walk, coloring/drawing/painting, writing a song, having a game night with family*, and so much more. We want to advise the use of safe and healthy coping strategies. Below are website links discussing drugs/alcohol, stress during COVID-19, and healthy ways to cope and keep your body and your mind occupied during this time.

[Stress and Addiction](https://www.psychologytoday.com/us/blog/science-choice/201705/stress-and-addiction): This article correlates stress and drug addiction. This gives more information about what stress is and how it can affect the body and brain.

(<https://www.psychologytoday.com/us/blog/science-choice/201705/stress-and-addiction>).

[Mental Health and Coping during Covid-19](https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html): This article discusses stress amid Covid-19 and ways you can reduce stress in yourself and others. It also gives some advice for parents who are working from home with a child who is home due to school closing.

(<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>).

[100 Things to do while being Trapped Inside \(Quarantined\)](https://www.usatoday.com/story/life/health-wellness/2020/03/16/coronavirus-quarantine-100-things-do-while-trapped-inside/5054632002/): This website has a list suggesting 100 things that you and your family can do during the Stay-At-Home Order. The list contains things like: binge watching a new series on Netflix, starting a journal, or teaching yourself a foreign language.

(<https://www.usatoday.com/story/life/health-wellness/2020/03/16/coronavirus-quarantine-100-things-do-while-trapped-inside/5054632002/>).