

May 2020: Celebrating Mental Health Month

Most of us face times when challenges, such as stress and anxiety, health problems, or relationship issues affect our ability to manage our lives. While we are familiar with viruses like the flu, the COVID-19 is new and not fully understood. The fact that it is very contagious has resulted in self quarantine measures and social distancing which have disrupted our lives in a unique way. Therefore, it is extremely important to pay attention to self-care and our mental health during this period of isolation. You can use educational tools to help you develop skills and techniques to cope with problems more effectively. In the following sections you are provided with information about the most prevalent mental health issues followed by resources and educational tools available to you.

Stress. Stress is a fact of life, but too much stress can take a toll on both mind and body. The good news is you can get ahead of stress by practicing ways to find calm in the moment and preparing for stressful situations in the future.

[Click here](#) to read a short article to help you understand stress, its effects, and options you have to start feeling better now.

[Click here](#) for more information and audio recordings to help you practice mindfulness.

[Click here](#) for additional articles on stress and tools to help relax and calm your mind and body.

Anxiety. It is normal to be worried and stressed during COVID-19 situation. While worry is a part of anxiety, people with anxiety tend to experience more exaggerated feelings of worry and tension. Feeling worried or nervous is a normal part of everyday life. Everyone frets or feels anxious occasionally. Mild to moderate anxiety can often help you focus your attention, increase energy, and improve motivation. However, if it is severe, you may have feelings of helplessness, confusion, and extreme worry that are out of proportion with the seriousness or likelihood of the feared event. You may also



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Mental Health During COVID-19

experience panic attacks. Overwhelming anxiety that interferes with daily life isn't normal. This type of anxiety may be a symptom of an anxiety disorder or other problem, such as depression

[Click here](#) to read a short article to help you understand anxiety, anxiety disorders, and options to help you feel better now. Anxiety is a normal reaction to stress. Learning to manage your stress can help reduce feelings of anxiety.

[Click here](#) for additional articles on stress and tools to help relax and calm your mind and body. Anxiety is a normal reaction to stress. Learning to manage your stress can help reduce feelings of anxiety.

[Click here](#) for additional articles on stress and tools to help relax and calm your mind and body. Mindfulness and Stress Practicing mindfulness means being fully present in the moment. The goal is to be aware of your thoughts and feelings and accept them as they are – which can help you manage your emotions and feel happier and healthier.

[Click here](#) for more information and audio recordings to help you practice mindfulness.

Call Kaiser San Francisco Health Education Department at (415) 833-3450 to register for classes or e-mail to find out more: SFHealthEd@kp.org

Hours: Monday - Friday 9 a.m. – 5 p.m.

Depression. Depression is an illness that affects how a person feels, thinks, and acts. It's different from normal feelings of sadness or grief. Depression is defined as having a depressed mood or feeling hopeless for 2 or more weeks. You may also have difficulty thinking, sleeping, or being motivated. Depression is a common illness that affects people of all ages and backgrounds.

We have a wide range of tools to help you manage symptoms or prevent them from developing.

[Click here](#) to read about depression and learn more about its symptoms and treatments. Links to additional resources are at the bottom of the article.

[Click here](#) to watch a series of short informational videos and read some myths and facts about depression. We offer many options for members with mental health, emotional, and addiction issues. We'll help you find care that works for you.

[Call us](#) and we'll assess your needs and discuss treatment options. You don't need a referral from your doctor to access mental health services.

If your depression is more severe, email your doctor or call the Mental Health Department at your medical center (available 24/7).



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Insomnia. Insomnia means you have trouble falling asleep or staying asleep. It's a common problem. Most people have sleep problems sometimes due to temporary stress, worry, or an irregular schedule. But when you have trouble sleeping for weeks or months, it can lead to health problems. Worrying about it only makes it worse. The good news is if you change the way you think about sleep, and then make some simple lifestyle changes, you may improve how well you sleep.

[Click here](#) to read this short article and learn tips on how to improve your sleep.

You can also watch a 20-minute video about insomnia, important sleep habits, and treatments by [clicking here](#).

[Click here](#) for a healthful sleep guided imagery podcast.

[Click here](#) for additional articles on stress and tools to help relax and calm your mind and body.

Ready to sleep better? Talk with a wellness coach over the phone to build your motivation and create a customized plan to make lifestyle changes.

[Click here](#) to find out more and set up an appointment.

For individualized telephone wellness coaching call 1-866-251-4514

Topics include trying to get more active, eat better, manage your weight, quit tobacco, or handle stress, your personal coach can help you create—and stick with—a plan for reaching your goals. You and your coach talk one-on-one by phone convenient a time.



Resources Available to You

Self-Care. Practicing self-care is a great addition to your daily routine to support emotional wellness and your overall health. It can also help you navigate life's changes and challenges and bounce back after tough times. Self-care tools provide a simple and convenient way to help you:

- Sleep better.
- Improve focus.
- Strengthen relationships.
- Manage daily stressors.
- Build resilience.
- Develop coping skills.
- Feel mentally and emotional strong.

We offer a range of tools so you can find enjoyable activities that work for you. Try as many as you like that make you feel better. You have access to all of these via your phone, tablet, laptop, or desktop computer!

myStrength App. This is a cognitive behavioral therapy app that we've used with patients for nearly 2 years.

[Click here](#) to watch a 45 second video and learn more about myStrength. Our clinicians reviewed and chose myStrength for adult patients based on its effectiveness.

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It's uniquely designed to provide personal inspiration, build resilience, and strengthen skills for strong mental health. Interested? [Click here](#) to get started.

1:1 Wellness Coaching. Talk with a wellness coach over the phone to build your motivation and create a customized plan to make lifestyle changes.

[Click here](#) to find out more and set up an appointment

Mindfulness & Stress. Practicing mindfulness means being fully present in the moment. The goal is to be aware of your thoughts and feelings and accept them as they are – which can help you manage your emotions and feel happier and healthier overall.

[Click here](#) for more information and audio recordings to help you practice mindfulness.

[Click here](#) for additional articles on stress and tools to help relax and calm your mind and body.

Clinical Care. Remember, digital self-care tools aren't meant to take the place of clinical care. If you need help and support, please reach out. Millions of people seek mental health services every year. We offer many options for members with mental health, emotional, and addiction issues. We'll help you find care that works for you.

[Call us](#) and we'll assess your needs and discuss treatment options. You don't need a referral from your doctor to access mental health services.

If you have symptoms of anxiety or depression that are more severe, email your doctor or [local Mental Health Department](#). If you think you have a medical or psychiatric emergency, call 911 or go to the nearest hospital.

Other resources
National Suicide Hotline: [1-800-273-8255](tel:1-800-273-8255)

