

When We Forget Who We Are, We Must Remember



Shimá, I have been feeling so lonely and sad lately.

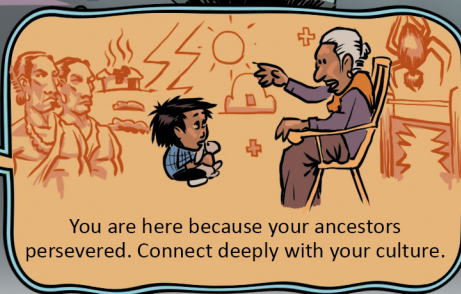
Shiyaaazhi, we are all connected in the universe. Your shadow is a reminder everyday that you are not alone.

How do I feel more connected?

Remember to prioritize your health. When you are strong in your spirituality, you are strong emotionally, mentally, and physically.



Remember your heritage and homeland. Connect with your surroundings and give gratitude.



You are here because your ancestors persevered. Connect deeply with your culture.



Remember your loved ones. Stay in touch and connect with your family and friends regularly.

If you need support, do not hesitate to ask.
Just remember, t'áá hwó ají t'éego (it is up to you).

Common Signs of Stress and Feeling Troubled

- + Difficulty concentrating.
- + Change in eating habits and behavior.
- + Trouble sleeping or relaxing.
- + Pre-existing conditions worsen.
- + Increased use of tobacco, alcohol, or other substances.



Healthy Ways to Manage Stress and Feeling Troubled

- + **Stay connected:** Stay in touch with your community. This can range from regular calls to placing encouraging signs in front of your home.
- + **Be prepared:** Create a plan of action in case you or someone in your household gets COVID-19 to ensure more certainty during uncertain times.
- + **Seek support:** Look at available resources for extra guidance, such as traditional counseling and other support networks.
- + **Take care of your health:** Eat a nutritious and balanced diet, exercise regularly, and get enough sleep. Avoid excessive drug and alcohol use. Connect with nature and remember to take regular deep breaths.
- + **Stay informed:** Rely on trusted sources for information on COVID-19 to address uncertainty and tackle myths.
- + **Make time to grieve:** Allow yourself to fully grieve a loss, ideally with others but also on your own.



What to Do When Stressed or Troubled

- + Let your loved ones know how you are feeling.
- + Attend therapy, treatment, or support sessions.
- + Call your healthcare provider or sponsor for additional support.
- + Write a list of your contacts and share it with someone you trust.
- + Consider one of the below crisis counseling and support services.

Crisis Counseling and Support Services

- + **Crisis Text Line:** Text HELLO to 741741
- + **SAMHSA Disaster Distress Helpline:** Call or text 1-800-985-5990
- + **National Suicide Prevention Lifeline:** Call 1-800-273-8255
- + **The Navajo Nation Division of Behavioral and Mental Health:** Visit nndbmhs.org or call 928-871-6877
- + **National Drug and Alcohol Treatment Referral Routing Service (SAMHSA National Helpline):** Call 1-800-662-4357
- + **Veterans Crisis Line:** Call 1-800-273-8255 and press 1 or text 838255
- + **National Domestic Violence Hotline:** Call 1-800-799-7233
- + **National Sexual Assault Hotline (RAINN):** Call 1-800-656-4673
- + **StrongHearts Native Helpline for Domestic and Sexual Violence:** Call or text 1-844-762-8483



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Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

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