

# FACTS NOT FEAR

## Dealing with stress brought on by the fear of Ebola

### Things to Remember:

- We each have different needs and different ways of coping.
- It is normal to feel anxious about your family's and your own health and safety.
- Fear of the unknown or of exposure can also cause increased stress.
- Focusing on your strengths and abilities will help you to heal.
- Acknowledging our feelings helps us recover.
- Gathering and following expert information from credible sources, like DHEC and CDC, can help direct your actions and minimize stress. For more information and guidance about Ebola, please visit [www.scdhec.gov/Health/FHPPF/HealthAlertsNotifications/ebola/](http://www.scdhec.gov/Health/FHPPF/HealthAlertsNotifications/ebola/).

### Signs that Adults May Need Stress Management Assistance:

- Difficulty communicating thoughts
- Difficulty sleeping
- Difficulty maintaining balance
- Easily frustrated
- Increased use of drugs/alcohol
- Limited attention span
- Headaches/stomach problems
- Tunnel vision/muffled hearing
- Disorientation or confusion
- Difficulty concentrating
- Depression, sadness
- Feelings of hopelessness
- Mood-swings
- Crying easily
- Overwhelming guilt and self-doubt

### Ways to Ease Stress and Build Resilience:

- When possible talk with someone about your feelings of fear, anger, sorrow, and other emotions - even though it may be difficult.
- As much as possible maintain a normal household and daily routine, limiting demands of yourself and your family.
- Maintain contact with family, friends, and social supports, e.g. church or pastor.
- Reduce tension by practicing relaxation techniques, e.g. deep breathing.
- Try to replace negative thoughts with positive ones.
- Keep things in perspective.

### Where Can I Find Help?

If you need additional assistance contact your local public health department, community mental health center, a counselor, or a mental health professional. South Carolina 2-1-1 is available, as a resource, to help you find assistance in your local community. Call 2-1-1, or 866-892-9211, to link to vital services in your community. For more information about 2-1-1, please visit [www.sc211.org](http://www.sc211.org).

If you have specific questions relating to Ebola, please email [Ebola@dhec.sc.gov](mailto:Ebola@dhec.sc.gov).