

Handling Stress, Anxiety, & Fear

In these challenging and uncertain times, we can help provide stability and unite our communities. We're reaching out to make sure that while you're serving the community, you're also taking time to care for yourself, and look after each other.

First acknowledging feelings of stress, anxiety, and fear and then normalizing them. That's the first step to making sure those emotions don't overwhelm us, as we sometimes suppress our emotions and feelings in an attempt to deal with the pressures that arise from our difficult work.

Learn more about managing anxiety and get tips from our partners:

- **NAMI:** <https://www.nami.org/find-support/living-with-a-mental-health-condition/managing-stress>

How Stress Affects You

Stress affects your entire body, mentally as well as physically. Some common signs include:

- Headaches
 - Trouble sleeping
 - Jaw pain
 - Changes in appetite
 - Frequent mood swings
 - Difficulty concentrating
 - Feeling overwhelmed
- **New York Presbyterian Hospital** – A road map to finding calm amid Coronavirus anxiety: <https://healthmatters.nyp.org/a-road-map-to-finding-calm-amid-coronavirus-anxiety/>
 - Validate your feelings
 - Start by distinguishing between probability and possibility
 - Take media breaks
 - Put things into perspective

We can still create stability and control aspects of our daily routine and self-care. This can help counter negative thoughts and emotions. Yes, important hygiene tips like washing your hands but also reminders on how to build your immune system:

- Eat well
- Get a good night's sleep

- Exercise regularly
- Socialize with those close to you (this doesn't have to be in person either – call, text, FaceTime, etc.).

When you read or watch the news, make sure it is from credible sources like the CDC.

Finally, if you have feelings of stress, fear, and anxiety and they become too intense, it is important to reach out for help. Here are some additional resources:

Department Resources:

- Employee Assistance Unit: 646.610.6730
- Chaplains Unit: 212.473.2363

Non-Department Resources:

- POPPA: 888.267.7267
- New York Presbyterian Hospital FINEST CARE: 646.697.2020
NOTE: They are doing telehealth meaning they can help you over the phone, no need for an in-person appointment
- Crisis Text Line: Law Enforcement text BLUE to 741741, non-law enforcement text HOME to 741741
- NYCwell: www.nyc.gov/nycwell
- Lifeline: 800.273.TALK (8255)

Sources of information on COVID-19:

- [Centers for Disease Control and Prevention](#)

Talking to Kids about COVID-19:

- [Centers for Disease Control and Prevention: Talking with children about Coronavirus Disease](#)

NYPD Health and Wellness Section

Call: 646.610.4862

Email: Wellness@NYPD.org

Instagram: [@NYPDhealthandwellness](#)

Don't forget to check out the Health and Wellness App on Department phones and also the H&W portal on the Department Intranet (check the section under "Directives & Manuals.")