

September 2021 Newsletter

*Coalition for a Healthy
Appling County*

Insights for this month

This month's newsletter for the Coalition for a Healthy Appling County (CHAC) focuses on COVID-19 anxiety and stressors that many people are experiencing today. Finding ways to cope and eliminating these common feelings of anxiety and stress associated with COVID-19 is an important part of regaining mental health and wellness while living in the midst of a pandemic. CHAC is dedicated to impacting the Appling County community by ensuring access to healthcare, improving access to resources, engaging in strong collaborative alliances, and developing a universal message to communicate health for all generations of Appling County.

Tackling COVID-19 Together

Here are some things you can do to eliminate the spread:



**COVID-19 vaccine registration hotline for
the Southeast Health District: 1-855-473-4374
OR visit their website: <https://www.sehdph.org/>**

Upcoming CHAC Events

• Robin Trailblazers Hiking Club Health Ambush

When? September 11th 10:00am - 3:00pm

Where? Jack Hill State Park, 162 Park Lane HWY 280 West,
Reidsville GA!

- Join us in hiking a mile long trail with a twist! There will be an ambush along with water so come prepared to get wet. If you have camouflage, wear it! There will also be other games, food and fun.

• Senior Farmers Market

The Area Agency on Aging administers the USDA's Senior Farmers Market Nutrition Program in partnership with CHAC.

When? September 21st from 9:00am - 12:00pm.

Where? 78 Thomas Street Baxley, GA!

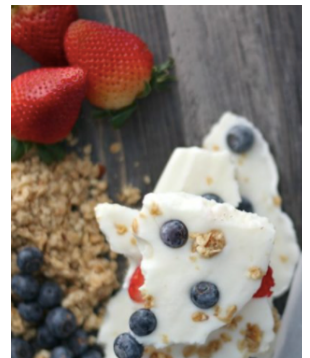
Vouchers for **\$24** to purchase fruits and veggies for income eligible seniors (60+).

- For more information, call Jennifer Crosby at **912-367-3648**.

Quick, Healthy & Easy Recipe of the Month: Frozen Yogurt Bark!

Ingredients needed:

- 2 cups nonfat yogurt
- 1/4 cup honey
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon lemon juice
- Pinch of salt
- Strawberries sliced
- Blueberries
- Granola



Instructions:

Start by lining a baking sheet with parchment paper and set it aside. In a large mixing bowl combine your yogurt, honey, vanilla and lemon juice. Whisk your yogurt until it's thoroughly combined. Transfer your yogurt mixture to the previously prepared baking sheet and spread it around to an even thickness. Top the yogurt with your favorite berries. When you are ready to serve or eat your frozen yogurt bark break it into pieces and it's ready to devour!

Frontline Fatigue Support Sessions

For Appling Healthcare System employees
only at this time

You've been working around the clock, and are overwhelmed. To help, we're offering brief 30-minute virtual sessions at no cost to you.

Session Two: Secondary Trauma

Tuesday September 14th & Thursday September 16th

5:30pm-6:00pm

9:00pm-9:30pm

**For more information, please contact: darnold@shilohbh.org*

Coping with COVID-19 Anxiety and Stress

The COVID-19 pandemic has had a major effect on our lives. Many of us are facing challenges daily that can be stressful, overwhelming, and cause strong emotions in adults and children. Getting back to the workplace, and school can be overwhelming. Taking the steps to follow proper public health actions, such as social distancing, are necessary to reduce the spread of COVID-19, but they can make us feel isolated and lonely and can increase stress and anxiety. Learning how to cope with stress in a healthy way will help to make you, and those around you become more resilient to the outside stressors that have been caused by the pandemic.

COVID Anxiety Syndrome

Getting back into your routine after various lockdowns, and public health restrictions can cause anxiety. For some people, it has been hard going back out into the world and mixing with people. This "new normal" has caused fear and anxiety. Even with vaccinations and a decrease in disease prevalence, some people experience what scientists call "COVID-19 anxiety syndrome". This syndrome is known to coincide with symptoms that are related to other mental health conditions, including anxiety, post-traumatic stress disorder (PTSD), and obsessive-compulsive disorder (OCD). Statistics recorded by the CDC between June 24–30, 2020, show that around 40% of adults in the U.S. reported at least one adverse mental health concern with pandemic related factors appearing to be the cause.

Stress can cause the following:

- Feelings of fear, anger, sadness, worry, and frustration
- Changes in appetite, energy, desires, and interests
- Difficulty concentrating and making decisions
- Difficulty sleeping
- Physical reactions, such as headaches, body pains, etc.
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of tobacco, alcohol, and other substances



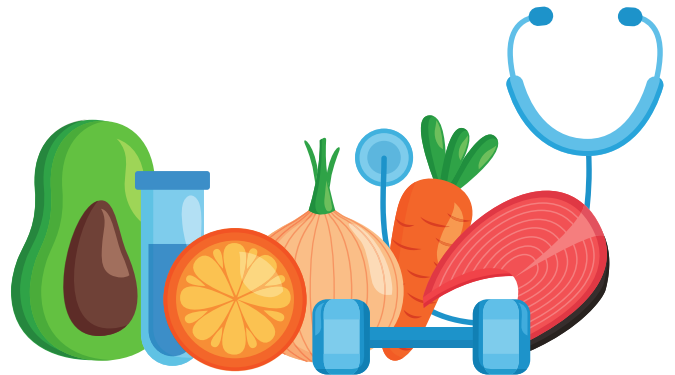
Coping Mechanisms

- Taking breaks from watching, reading, or listening to news stories, including those on social media. It's good to be informed, but hearing about the pandemic constantly can be overwhelming. Consider limiting time spent listening to the news and disconnecting from phone, tv, and computer screens for a while.

- Taking care of your body
 - Take deep breaths, stretch, or try meditation
 - Eat healthy meals
 - Exercise regularly
 - Get plenty of sleep
 - Avoid excessive alcohol, tobacco, and substance use
 - Continue preventative care services
 - **Get vaccinated with a COVID-19 vaccine**



- Talking with friends, neighbors and loved ones about your feelings and concerns can relieve stress and promote resilience.
- Connect with your community- or faith-based organizations. While social distancing measures are in place, try connecting online, through social media, or by phone or mail



Centers for Disease Control and Prevention. (2021, July 22). *Coping with Stress*. Centers for Disease Control and Prevention. <https://www.cdc.gov/mentalhealth/stress-coping/cope-with-stress/index.html>.

Czeisler, M. É. (2020, August 13). *Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic — United States, June 24–30, 2020*. <https://www.cdc.gov/mmwr/volumes/69/wr/mm6932a1.htm>.

Interested in volunteering with CHAC?

The public is encouraged to get involved with this community effort. If you are interested in getting involved in CHAC, reach out to our Program Coordinator via email: olivia.hiersdavis@sharehealthsega.org or ask one of our community partners.