



**If you or someone you know is struggling after a disaster, you are not alone.**



We work with individuals and families to help them achieve mental and emotional wellbeing. Our groundbreaking solutions deliver high quality services and support, when, where and how they need it. Our education and advocacy work shifts policy and public opinion so mental wellbeing becomes a social responsibility and is treated with the importance it deserves.

We're advancing access, dignity and respect for all and revolutionizing the system for good.



## Emotional Wellness Support

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# WellBeing

- Meet Basic Needs. Be sure to eat, drink and sleep regularly.
- Take Breaks. Taking a walk, listening to music, reading a book, or talking with a friend can help.
- Connect with Colleagues. Talk to your colleagues and receive support from one another.
- Communicate Constructively.
- Contact your loved ones, when possible.
- Respect Differences.
- Self Check-Ins. Monitor yourself over time for any symptoms of depression or stress disorder: prolonged sadness, difficulty sleeping, intrusive memories, hopelessness.

## V!brant

Emotional Health

Helping people achieve mental and emotional wellbeing with dignity and respect.

Anticipate and address stress reactions. Keep in mind that it's normal to feel stress in reaction to an infectious disease outbreak and be aware of signs of stress in yourself or family members. Take steps to minimize and address stress, such as keeping normal routines, focusing on positive aspects of your life and things that you can control; seeking support from friends and family; and engaging in stress reduction techniques and physical activity.

Content within was sourced directly from:  
Psychiatry.org  
and  
CSTSONline.org

# Better Sleep

- Upon waking, get at least 15–60 minutes of bright light.
- Exercising closer to wake-time can signal daytime and improve sleep quality.
- Take naps and consider “banking” your sleep.
- Optimize your sleep environment. Keep it DARK, cool, quiet & comfortable.
- Keep a regular sleep and waketime schedule.
- Create a regular bedtime routine.
- Limit alerting activities close to bedtime.
- Use caffeine judiciously.