

# How are you, really?



When you need someone to listen - even if it's not a crisis - the North Range Behavioral Health warm line is here for you.

Free, confidential, and staffed by mental health professionals.

## c9t/f1 ? ta People in Giving Professions

By Kimberly Hicks  
TACT Program Coordinator  
North Range Behavioral Health

To say this is an overwhelming time is an understatement.

New, unfamiliar life stressors bombard us. We're unable to engage in ordinary activities. Who could have predicted that finding toilet paper in the grocery stores would be such a challenge?

For those of us who proudly serve the community, grocery shopping may be just one of our many concerns.

We still report to work daily; remaining true to the commitment of service that we made when we chose our career path. We're navigating the challenges of adjusting service models, and trying to be productive from home, or we're commuting to work during a pandemic that has changed the way we live overnight.

### It's a stressful time.

The virus disrupted our routines and piled stress on top of uncertainty. We're concerned we aren't giving enough to our children - or we're concerned about who will watch them while we're gone. We worry that we may bring a virus home to a loved one who is at risk - or we worry about the pandemic's effect on our community at large.

We find ourselves responding to needs in new, sometimes intimidating ways; participating in a myriad of Zoom meetings; and trying to find work/life balance in a world that feels completely off balance.

Many of us also have spouses or partners. If one spouse or partner is not working, we are dealing with unexpected and scary financial stressors.

During all this, we continue to help others - which can be a difficult task - but it is what we do. We put things on the bookshelf per se and think, "**I will deal with that later.**"

Sometimes, later doesn't come. We might begin to feel tired, overwhelmed, and inadequate. We might find ourselves steeped in anxiety. The pressure can become so overwhelming, that it can lower our productivity or take our normal functioning levels into turbo-mode.



Call the warm line.

970.347.2359



**If we take a closer look, we may recognize flight, freeze, or fight patterns.**

- Are we caught in a cycle of underperforming (flight/freeze)?
- Have we heightened the pressure and fallen into overperforming (fight)?

**As community servants, it's important to re-evaluate where we are with home and work life, and what we take on emotionally in those roles.**

- Are you working unimaginable hours without time for breaks?
- Are you overcommitting and overpromising, only to find yourself overwhelmed and emotional?
- Are you checking out from work, and unable to focus?
- Are you struggling to find motivation or drive?

It's okay that we are not feeling like ourselves. That's a sign that we need to practice self-care. Not only will it help us identify if we're in under-performance or over-performance anxiety, but it can help us reconnect to our passion - and remind us what led us to our career in the first place.

Wherever you are in your response journey, acknowledge it, feel it, and commit to doing your best every day while understanding that it may look different from day to day.

Take some time to check in with yourself. Discover what you need to do to feel okay in this upside-down world. Pat yourself on the back for trying every day. And remember, we are all doing the best we can.

For myself, I tend to be an over-performer - and I need to remind myself that I can give it my all, but I cannot do or tackle it all. When I know I am giving my best for that day, I can feel proud of what I did, and know that it's all okay.

**Crisis Support remains available all day, every day.**

If you or someone you know is experiencing a behavioral health emergency, call 970.347.2120, text TALK to 38255, or walk in 928 12th Street in Greeley.

 **COLORADO**  
CRISIS SERVICES

*How are you,  
really?*

Talking helps.

*The warm line is here for you.*

*Free and confidential*

10:00 am - 10:00 pm

Let's cool things down before a crisis heats up.

# Coffee with a Counselor

Thank you for joining us!



- Parenting in a pandemic
- Nurturing healthy family communication
- Fill your own cup: self-care strategies
- Creating normal in chaos
- Managing chronic illness stress during a pandemic
- Emotional Freedom Techniques (EFT)
- Little people big emotions: how to be calm in the chaos with young children
- Back to the basics: pursuing hands-on crafts & trades to alleviate stress and anxiety
- Soothing anxiety and irritation
- Let's talk about child brain development
- Food and mood: improving your relationship with your body and eating
- Recognizing and alleviating panic attacks
- Belly breathing for stress management
- Helping young children adapt to change

May is Mental Health Awareness Month

[www.facebook.com/pg/nrbhweld/videos](https://www.facebook.com/pg/nrbhweld/videos)



**NORTH RANGE**

BEHAVIORAL HEALTH

**970.342.2120**

*Where Hope Begins.*

# Commission Fatigue or Giving Professionals

Helping yourself while helping others

11:00 am to noon

Tuesday, September 11 (BH Providers)  
Friday, September 25 (**PH Providers**)

You will receive a Zoom link before the training.

# ***NORTH RANGE***

## **Cares**

**Free, confidential mental health support  
for you and your loved ones.**

**In stressful times, it's normal to feel anxious, sad,  
angry, weary, or overwhelmed.**

Talking helps - that 's why we're offering a  
free therapy session."

Call today and mention - North Range Cares.-

**If you or someone you know is experiencing  
a behavioral health emergency:**

**Call our crisis line at 970.347.2120**

**Walk into the Crisis Center, 928 12th Street, Greeley**

**Text TALK to 38255**

**You can also call our Warm Line at 970.347.2359  
if you just need to talk.**

' Free telehealth therapy appointment only available to residents of Weld County  
who are not currently enrolled in services.