

A Message to People in Giving Professions



**North Range
Behavioral Health
is here to help.**

**Crisis support, assessment,
and de-escalation is
available at no cost to you.**

**We can help in person, over
the phone, or dispatch a
mobile response.**

**Call: 970.347.2120 (option 2)
Walk in: 928 12th St, Greeley**

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 items we take for granted such as toilet paper, baking yeast, or our favorite soda 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.

In the midst of this pandemic chaos, we continue to report to work daily; remaining true to the commitment of service that we made when we chose our career path. At work, we may be navigating the challenges of adjusting service models or facing budget crunches and decreased staffing in the face of increased work flow - while trying to be productive from home, or we're commuting to work during a pandemic that changed the way we live overnight.

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 about adequately supporting them in new schooling environments, with an acute awareness of the effects this all has on their social and emotional health. 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.



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?

Let's talk about it.

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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.

It's important to remind ourselves that we can give it our all, but we cannot do or tackle it all.

We're here to help.

Talking helps. Crisis support is available all day, every day. Call 970.347.2120 (option 2) or visit 928 12th Street in Greeley



See page 3 for information on additional support available at no cost to you.

You are not alone.

Additional Support at No Cost to You

North Range Crisis Residential Respite:

A safe, short-term respite facility is for individuals in crisis.

North Range Crisis Stabilization:

24-hour, short-term residential stabilization and withdrawal management support.

- Includes assessments, referrals, motivational interviewing, onsite group therapy, and education.
- Stabilization support includes voluntary or involuntary holds.



Knowing where to start can be the hardest part.

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