



Reeves County
Hospital District

Press Release
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Media Contact
Venetta Seals | rhcared@rchd.care
(432) 447-3551, ext. 6350

Managing Stress When Things Seem Uncertain

RCHD offers guidance for managing stress during the COVID-19 pandemic.

PECOS, Texas (August 1, 2020) – During uncertain times, stress can build. Many people have been experiencing increased stress during the COVID-19 pandemic. From worrying about our health and the health of our loved ones to coping with the changes that we need to make to lower the risk of spreading the virus, the last few months have been a stressful time.

Everyone experiences stress from time to time, but excessive stress can make life more difficult and increase the risk of certain health issues. Fortunately, there are a few steps you can take to manage stress in your life.

“Your physical and mental health are closely linked,” said Dr. Deitrick L. Gorman, Family Practice w/OB physician at the Pecos Valley Rural Health Clinic. “Everyone is experiencing elevated stress right now. That is why it is important to pay attention to your stress level and to take steps to manage it. Doing so can help improve your overall wellbeing.”

The recent news can be a source of stress and concern. Take a break from news on television, radio, and social media. Disconnect for a while and focus on the things in your life that you enjoy.

Diet and exercise can help your mood and improve your ability to cope during stressful times. Relaxing activities such as meditation, yoga, coloring, and other activities that focus on your wellbeing are also important ways that can help you cope.

It is important to avoid substances such as drugs and alcohol, which may provide temporary relief but can cause serious consequences.

Stress is a common part of our everyday lives. Whether it is coping with life’s challenges to making decisions, stress is a normal part of life. However, according to the National Institute of Health, excessive

MORE



Taking Care of You During Uncertain Times

Page 2

or long-term stress can pose health risks, such as poor sleep, digestion, and an increased risk of cardiovascular issues.

Additionally, excessive stress can also have a negative effect on the immune system, causing a person to become sick more frequently. Stress can also impact a person's cardiovascular health and can contribute to high blood pressure, heart disease and mental health conditions such as anxiety and depression.

The need to practice social distancing can be very difficult. Isolation can greatly increase stress, especially in times of uncertainty. It is important to stay connected. Calling a friend or loved one can be a comfort. Video chat and other digital ways to connect are great ways to spend time with others while staying safe.

Dr. Gorman added that it is a good idea to consult with your primary care provider when faced with excessive stress.

"Healthcare providers are concerned not only with your physical health but also your overall wellbeing," Dr. Gorman said. "Talking to your healthcare provider about your concerns and your stress is an important step toward getting the tools you need."

Yearly wellness exams at the Pecos Valley Rural Health Clinic are an opportunity to discuss health concerns, including stress and other mental health issues you may be worried about. These exams are a safe and convenient option for people in the area. During a wellness exam, your healthcare provider can assess your overall health, including important indicators such as blood pressure and cholesterol, record any changes and discuss your health concerns.

To learn more about local healthcare services or to schedule an appointment at the Pecos Valley Rural Health Clinic, please call 432-447-056.

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