

MANAGING 'STRIKE STRESS'

Tips for Your Mental Well-Being During the Work Stoppage

Stressful times can take a toll on your mental, emotional, and physical well-being. Strikes can bring stress, worry, and uncertainty. No matter your role, caring for your health is important — especially during tough times.

The City of Philadelphia Department of Behavioral Health and Intellectual disAbility Services, or DBHIDS, shares these tips to support your mental health:

1 Stay informed (but not overwhelmed).

- Follow trusted sources like phila.gov/work-stoppage for updates on service changes and trash drop-off sites.
- Too much news or social media can raise stress. Set limits and notice how it affects your mood.

2 Prioritize self-care.

- Stick to routines for meals, sleep, and daily tasks to feel balanced.
- Make time for calming activities like deep breathing, going outside, or hobbies.
- Eat well, drink water, and rest. Cut back on caffeine or alcohol if they raise anxiety. A short walk can lift your mood.

3 Lean on your support system.

- Stay connected to friends, family, and neighbors—talking helps.
- Engage with your community for both emotional and practical support.

4 Manage expectations.

- Some disruptions will happen. Focus on what you can control, like using trash drop-off sites or planning for delays.
- Emergency services — 911 and 988 — are still available.

5 Ask for help if you need it.

- Notice how you're feeling. Anxiety and depression are treatable. It's OK to not feel OK — you're not alone.
- Visit HealthyMindsPhilly.org for free screenings and resources.
- In a crisis, call or text 988, help is available 24/7.

The DBHIDS Approach

We believe in recovery, resilience, and wellness for everyone. Mental health is community health. Take care of yourself – and each other – as we work toward a more equitable, inclusive future.

Managing "strike stress" requires a focus on understanding and resolution. Practicing empathy helps restore trust and rebuild strong, positive working relationships during and after the strike.

Marquita C. Williams, Interim Commissioner

City of Philadelphia Department of Behavioral Health and Intellectual disAbility Services

24/7 mental health and substance use treatment services.

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