



HISPANIC STRESS AND RESILIENCE DURING THE HOLIDAYS

THE FACTS

Stress is experienced when a situation is beyond the psychological, social, or material resources for coping¹. *Stressors* are defined as demands made by the environment that upset our balance, affecting physical and psychological well-being and that require action to restore the norm. Stress contributes to illness through direct physiological effects or through indirect effects via maladaptive health behaviors (e.g., smoking or drug use). Stress does not affect all people equally.

Acculturation Stress affects Hispanic youth and adults and includes discrimination, immigration stress, parent-child cultural differences, family/cultural stress, and language barriers. Some people live through highly traumatic events yet are able to stay healthy. Others suffer a range of health-related problems.

Resilience has been defined as resistance to the negative impacts of **stress**² and the “ability to bounce back” from traumatic experiences. Individuals who cope positively with or manage their stress with support from family, friends, and health care providers can reduce the risk for illness and substance abuse.

According to the American Psychological Association’s Stress in America 2020 Survey³:

- Those who live in chronically stressful environments often cope with stressors by engaging in unhealthy behaviors and poor mental health;
- Because of long-standing inequities in our country’s systems and structure, Hispanics and other communities of color are at higher risk for physical, mental, and financial problems due to the COVID-19 pandemic;
- Hispanic people are more likely to need to go to the hospital and 2.8 times likelier to die of COVID-19;

- Approximately 78% of adults say that the COVID-19 pandemic is a significant source of stress in their life;
- The majority of adults still find health care, mass shootings, and climate change/global warming to be a significant source of stress in 2020.

THE PREVENTION SOLUTION

- Affirm cultural identity and ethnic pride during stressful periods;
- Develop strategies for strengthening *familismo* (familism);
- Encourage celebration of cultural traditions and practices;
- Take a break from watching, reading, or listening to the news. Make sure you are getting your information from trusted sources, such as SAMHSA and the Centers for Disease Control;
- Stay in touch with friends and family by phone, video calls, or other technology;
- Reach out to churches, hotlines, and community organizations as many offer online and other virtual opportunities for connection;
- Prioritize your relationships. Connecting with empathetic and understanding people can remind you that you are not alone in the midst of difficulties;
- Practice relaxation and breathing exercises;
- Take care of your body. Practice healthy nutrition, sleep, hydration, and exercise which can strengthen your body to adapt to stress;
- Stay proactive. Keep moving towards your goals even if they seem like small accomplishments;
- Remember to keep things in perspective. *How* you think can play a significant part in how you feel and how resilient you are when faced with obstacles

Also, you can visit the following websites for more COVID-19 and support information.

SAMHSA’s Disaster Distress Helpline

Toll Free: 1-800-985-5990
(español e inglés)
Text in Spanish: Envíe “Háblanos” al 66746
Text in English: “TalkWithUs” al 66746
(TTY): 1-800-846-8517

English:
<http://www.disasterdistress.samhsa.gov>

Spanish:
<https://www.samhsa.gov/disaster-distress-helpline/espanol>

SAMHSA’s National Helpline

Toll-Free: 1-800-662-HELP
(24/7/365 Treatment Referral Information Service in English and Español)

Website:
<http://www.samhsa.gov/find-help/national-helpline>

National Suicide Prevention Lifeline

Toll Free: 1-888-628-9454
English: 1-800-273-TALK (8255)
(TTY): 1-800-799-4TTY (4889)

Spanish:
<https://suicidepreventionlifeline.org/help-yourself/en-espanol/>

English:
<http://www.suicidepreventionlifeline.org>

SAMHSA Behavioral Health Treatment Services Locator

Sitio Web:
<https://findtreatment.gov>

Association for Psychological Sciences
<https://www.psychologicalscience.org/topics/stress>

To learn about more about our National Hispanic and Latino Prevention Technology Transfer Center, please visit: <https://pttcnetwork.org/hispaniclatino>

1 Cohen, Kessler, & Gordon, 1995:

2 Zautra, 2009

3 APA, 2020