

## **Worried About Your Community's Water, Soil, or Air? Managing Stress and Working Toward Positive Change Video Transcript**

[Title card appears with text and the Centers for Disease Control and Prevention's Agency for Toxic Substances and Disease Registry logo. Text on screen: "Worried About Your Community's Water, Soil, or Air? Managing Stress and Working Toward Positive Change." Slow music begins.]

**NARRATOR:** If you've learned that your community's water, soil, or air may not be safe, you probably have lots of questions. Waiting for answers can be hard, especially if you're not sure who to trust.

[Screen transitions to a neighborhood with a few houses and buildings, including a factory with a puddle underneath it. A breeze blows past the factory toward a house. An animated character appears and a thought bubble pops out of the figure with the text: "Is my health at risk?" More thought bubbles pop up with the text: "How can I protect myself and my family?" "Is it safe to stay in my home?" and "Where can I get reliable info?"]

**NARRATOR:** And people may disagree about how to handle the situation, even your family and friends.

[Screen transitions to a TV display with a split screen, with 2 pundits arguing. The line separating the 2 pundits turns into the outline of a house. The pundits remain yelling, but the microphone stands disappear. The outline begins to shake as conversation bubbles pop up all over the screen.]

**NARRATOR:** When you're worried about your health and safety, it's normal to be stressed.

[Screen transitions to one blue animated character with a dark blue house on the right, and yellow chat bubbles popping up over the house and the character.]

**NARRATOR:** When you're stressed you may notice changes in how you think, feel, and act. Like getting annoyed at little things, not thinking clearly, even feeling tired or sick.

[Screen transitions to the blue animated character standing in the middle of a white screen. The character's brain, heart, and hands light up. The character puts their hands on their hips and a yellow exclamation point pops up over its head. The character puts their hands up and a yellow swirl appears over its head. The character puts their arms down and a halo of stars appears over its head.]

**NARRATOR:** There may be a lot that you can't control.

[Screen transitions to the blue animated character standing in the middle of a white screen with three thought bubbles over its head with a yellow building, a yellow pipe draining water into a body of water, and a yellow figure releasing smoke.]

**NARRATOR:** But there's also a lot you can do to take care of yourself and work toward positive change in your community.

[Screen transitions to the text: "Take care of yourself." A blue animated character appears to the left and starts walking to the right. Two green circles appear with a character in a bed in one and a character walking a dog in the other.]

**NARRATOR:** Get plenty of sleep,

[The circle with the character in the bed grows larger and turns yellow and the text "Sleep" appears over it, and then turns green again and shrinks in size.]

**NARRATOR:** stay physically active,

[A third circle appears with an animated character and child. The circle with the character walking a dog moves to the middle grows larger and turns yellow, and the text "Sleep" transitions into "Stay active" over that bubble, and then shrinks and turns back to green.]

**NARRATOR:** and do things you enjoy.

[A fourth green circle appears with two white animated people. The third circle grows larger and turns yellow and the animated adult throws a ball to the animated child. The text "Stay active" transitions to "Do things you enjoy" over that circle. The circle shrinks and turns green again.]

**NARRATOR:** Talk to someone about how you're feeling whether it's a friend, neighbor, faith leader, or healthcare provider.

[The fourth circle grows larger and turns yellow and the two animated people converse. The text "Talk to someone" appears over the circle. The circle shrinks and turns green.]

**NARRATOR:** And if you feel overwhelmed, reach out to a professional. Visit [findtreatment.samhsa.gov](https://findtreatment.samhsa.gov) to find a counselor or therapist near you. Remember, taking care of yourself doesn't mean pretending everything is okay.

[Screen transitions to blue figure in the middle of a white screen putting its hands over its head. It stands straight and the text "Find a counselor or therapist [findtreatment.samhsa.gov](https://findtreatment.samhsa.gov)" appears over it and the screen turns off white. A yellow animated therapist appears and consoles the blue character. The screen blurs out.]

**NARRATOR:** Managing stress can also help you feel ready to take action and taking action can help you continue to manage stress.

[Screen transitions to blue figure to the left of a white screen with the text “Stay informed and take action” over it. The text “take action” transitions to “manage stress.”]

**NARRATOR:** Learn more about the problem,

[Screen transitions to three green circles with animations. The first grows larger and turns yellow, and a white animated figure uses a magnifying glass. The text “Learn more” appears above the circle. The circle shrinks and turns back to green.]

**NARRATOR:** join or form a community group,

[The second green circle grows larger and turns yellow. Three white animated people have their arms around each other to represent a group. The text “Join a group” appears above the circle. The circle shrinks and turns back to green.]

**NARRATOR:** and take steps to protect yourself and others.

[The third circle grows larger and turns yellow. A white animated adult and a child hold hands and the text “Stay safe” appears over the circle. The circle shrinks and turns green.]

**NARRATOR:** Your community can come together, share updates, learn how to stay safe, and make your voices heard.

[Screen transitions to a group of green animated people standing in front of a blue building and signaling to a blue animated character to join them. They raise their arms.]

**NARRATOR:** Learn more at [www.atsdr.cdc.gov/stress](http://www.atsdr.cdc.gov/stress).

[Text appears with the Centers for Disease Control and Prevention’s Agency for Toxic Substances and Disease Registry logo. Text: Learn more at [www.atsdr.cdc.gov/stress](http://www.atsdr.cdc.gov/stress).]