

Supporting Mental Health During COVID-19*



Take breaks from the news. Set aside periods of time each day to close your news and social media feeds and turn off the TV. Give yourself some time and space to think about and focus on other things.

Take care of your body. Take deep breaths, stretch, or meditate. Try to eat regular, well-balanced meals; get some physical activity every day; give yourself time to get a full night's sleep; avoid alcohol/ drugs.

Make time to unwind. Try to engage in activities and hobbies you enjoy. Engaging in these activities offers an important outlet for pleasure, fun, and creativity.

Connect with others. Talk with people you trust about your concerns and how you are feeling. Digital tools can help keep you stay connected with friends/family when you aren't able to see them in person.

Set goals & priorities. Decide what must get done today and what can wait. Priorities may shift to reflect changes in routines and that is okay. Recognize what you have accomplished at the end of the day.

Focus on the facts. Sharing the facts about COVID-19 and understanding the actual risk to yourself and people you care about can make an outbreak less stressful.

* <https://www.nimh.nih.gov/news/science-news/2020/supporting-mental-health-during-the-covid-19-pandemic.shtml>