MENTAL HEALTH & COVID 19

Some tips for handling feelings of isolation & anxiety

Be Social

Try to swap the term "social distancing" for "physical distancing." We're still connected, even if we're not physically together.

Facetime your sister. Send your favorite cousin a Facebook message. Pick up the phone and say hi to your bestie.

Change Your Mindset

Try to avoid thinking too much about the future or imagining worst-case scenarios.

Practice mindfulness to help yourself stay in the moment and gratitude to improve your mood.

Get Busy

Take advantage of your free time. Try a new hobby or get into a new TV show. Get outside-fresh air and exercise help with stress and loneliness.

Do something that gives you a sense of accomplishment. Been wanting to organize all the books on your bookshelf by color? Now's the time.

Take a News Break

Watching/reading the news 24/7 can cause your anxiety to spike. Try limiting your news intake to 1 or 2 updates a day.

You can stay informed without feeling overwhelmed.

Take Action

Do what you can to stay healthy and safe.

Follow the CDC's guidelines on protecting yourself and others.

Take Care of Yourself

Good self-care helps offset stress and anxiety. Make sure you're eating well and getting enough sleep. Try to stick to a routine. Wake up and go to sleep around the same time each day.

Get help if you need it. If you are struggling with feelings of anxiety or loneliness reach out to your doctor or a counselor.

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