Mental Health and Stress During COVID-19

It’s natural to experience stress during these uncertain times. Follow these tips to help manage stress and practice healthy coping.

• Limit how much news you read and only read sources you can trust. Limit the amount of time on social media

• Protect yourself and your loved ones by washing your hands, limiting how much you touch your face, coughing/sneezing into your elbow, and practicing physical distancing.

• Follow a daily routine, remembering to take breaks.

• Pay attention to YOUR needs by checking in with yourself every morning and night. Listen to what your body, mind, and emotions are telling you. Do you need to give your body a break? Connect with a friend?

• Watch out for signs of stress, like worrying a lot, feeling tired all the time, headaches, and not being able to concentrate.

• Care for your body by eating well, drinking lots of water, keeping active, and getting enough sleep.

• Make time for activities you enjoy and stay connected to loved ones.

• Start a Gratitude Journal to remind yourself of good things in your life.