

MENTAL HEALTH RESOURCES

Strategies to maintain your mental wellness during the COVID-19 pandemic *



COVID-19

* This document is designed to provide information and suggestions on coping in this difficult time. It is not intended to be a resource for people experiencing a mental health crisis.

Take each day as it comes and focus on the things you can control

Keep connected with family/friends/coworkers

Set boundaries on news consumption

Make improvements on yourself or your skills

Be kind and patient with yourself and those around you

Listen to enjoyable podcasts or videos

Exercise

Listen to music

Dance

Draw

Write a journal

Stick to a routine

Make a gratitude list

Play a game

Choose sources of information carefully

Take a break from news and social media

Meditate or listen to guided visualization

Take time to unplug from all electronics

Giving to others builds a happier community

Create a poster with positive images

Read

Take a fresh air break

Try a new hobby

Avoid substance abuse

Get proper rest and sleep

Eat healthy

Cook a new meal

Sometimes, even after trying to reduce our stress and anxiety, we may continue to struggle. If you still feel significant distress around COVID-19, you may need extra support from someone like your family doctor or a psychologist, psychotherapist, social worker or other health professional.

az/cope343