



Managing Your Mental Health During COVID-19

Anxiety thrives on the fear & uncertainty that abounds during the COVID-19 pandemic. Learning self-care strategies will help you cope with any stress, fear, sadness & loneliness you experience so you can take charge of your life.

Self-care strategies:

- ◇ Take care of your body - be mindful of your physical health
- ◇ Take care of your mind - reduce stress triggers
- ◇ Connect with others - build support & strengthen relationships
- ◇ Recognize what's typical and what's not - get help when you need it (Access article via link below for in-depth details)
- ◇ <https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/mental-health-covid-19/art-20482731>

Volunteer Opportunities:

- ◇ Foster an animal to bring comfort to you both
- ◇ Become a pen pal or phone buddy for a nursing home resident who is isolated
- ◇ When ordering out, get an extra meal and have it delivered to a first responder

Resources:

- ◇ Guided Imagery exercise - https://www.youtube.com/watch?v=V1-0JJJw_IQ
- ◇ Breathing exercise - <https://www.youtube.com/watch?v=xQJ2O4b5TM>
- ◇ Mindfulness exercise - https://www.youtube.com/watch?v=15q-N_kkrU&feature=emb_logo
- ◇ XEAP - <https://www.guidanceresources.com/groWeb/login/>

Mental Health is an integral part of health



1 out of 5 people experience a mental health condition in their life. During the COVID -19 pandemic 5 out of 5 people will be affected by mental health issues.

May 2020

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