Mental Health Tips During COVID-19

Take breaks from watching the news, reading the news, and social media

Hearing about COVID-19 repeatedly can be upsetting and increase stress. Try to limit COVID-19 news to about twice a day and for a limited amount of time to update yourself on recent events.

Example: Read or watch the news in the morning and the evening for about 20-30 minutes each.

Make time to relax and unwind

Try to do some activities that you enjoy to reduce stress such as:

- Read a book
- Watch a television show on cable, Netflix, Hulu, and/or Prime
- Go for a walk in the neighborhood
- Listen to music
- Play a game (Puzzles, Card Games, Video Games)

Connect with someone

- Call, text, or FaceTime someone to talk and express your feelings and concerns
- Have a virtual dinner or Happy Hour with friends and/or family through
  - Zoom,
  - FaceTime,
  - Facebook Messenger
  - Duo

Take Advantage of Telehealth Services

Contact your healthcare provider to find out more.

Take care of your body

Increased stress can make your body sick. Try some of these activities to stay healthy:

- Deep breaths, stretch, meditate
- Eat healthier or as healthy as you can (fruits, vegetables, whole grains)
- Exercise more often (at least 30 minutes for adults, one hour for kids)
- Get plenty of sleep
- Avoid alcohol, sugary drinks, and drugs. Instead drink water and juice high in Vitamin C to boost your immune system.

Use Phone Apps

There are great apps you can download to help reduce stress and cope:

- Mindfulness Coach
- Mood Coach
- Moving Forward
- Parenting2Go