



## 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)

### 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.

### 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.

### Use Phone Apps

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

- Mindfulness Coach
- Mood Coach
- Moving Forward
- Parenting2Go

