

Protecting Your Mental Health

Feeling overwhelmed and anxious during times of uncertainty is normal. During the present COVID-19 outbreak you may have feelings of helplessness and fear. Here are some helpful tips in maintaining your mental health in the upcoming few weeks as we continue to take measures to protect ourselves against the spread of the virus.

Stay Connected



If you find yourself needing support, reach out for help! Maintaining connections can help provide a sense of normality and allow an opportunity to share feelings of stress.

Get into Nature



Just because you're avoiding crowds does not mean you need to stay inside! Increasing Vitamin D exposure from the sun can also help fight anxiety and depression.



Recognize what you can control



Sports, events, vacations and school cancellations and closings are frustrating, but they are beyond our control! You can however, control how much you wash your hands, eat well, and get enough rest.

Stay Active



Being active can trigger the release of endorphins in the brain. This can help increase positive feelings and fight feelings of stress and anxiety.

Change The Channel



Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.

Wellness Tips to Reduce Stress

Focus on the Now



It can be easy to worry about all of the "what if" scenarios. Try as best you can to be present in the current moment and not focus on events that have not yet happened.

American Psychological Association (2020)
American Foundation for Suicide Prevention (2020)