SUPPORT YOUR OWN MENTAL HEALTH DURING COVID-19

It’s hard right now.

Everyone around you feels the stress of the pandemic and there is no crystal ball to tell us when life will go back to normal.

If you don’t take care of yourself, you can’t be there for those you care about. Keeping your head clear and body healthy helps you be at your best so you can better protect yourself and your loved ones.

Here are some healthy ways to cope during these stressful times:

CREATE A PLAN

Find out how and where you can get treatment if you get sick or need counseling.

Knowing where to turn can help you feel in control.

TAKE A BREAK

Turn off the news and social media for a while; being constantly bombarded with information can be mentally exhausting.
TAKE CARE OF YOUR PHYSICAL HEALTH

Eat well, exercise, and get plenty of sleep. Avoid excessive alcohol or drug use. If your body doesn’t feel well, it’s hard to do anything else.

TAKE CARE OF YOUR EMOTIONAL HEALTH

Make time to relax or practice deep breathing techniques. Clear the mental cobwebs by doing activities you enjoy or learning something new.

SET A ROUTINE

Make a plan for the day or week and stick to it.

Knowing what will happen can create a sense of normalcy and allows you to feel in control.

RECONNECT

Use technology to stay in contact with loved ones.

Everyone responds to stress differently. Coping with stress in a healthy way will make you, the people you care about, and your community stronger.

Take care of yourself and seek help when you need it. We are in this together.

For more help, go to TellMeHowSTL.com