

Things you can do to support your mental health during the Covid-19 Crisis:

- Give yourself permission to acknowledge and experience this as stressful.
- Don't judge yourself for your feelings.
- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Keep your news diet local. You're not responsible for managing this crisis. Just get the news you need to keep you and your family safe.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid increased consumption of alcohol and drugs. But avoid the stress related to starting a new diet, and trying to break a bad habit. Now is not likely the time for that.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Spend quality time with pets. Pets of all sorts are known to help in reducing anxiety and stress.
- Read the advisories carefully. There are different guidelines and restrictions for people who have symptoms or have known exposure to the virus than for people in general. Be responsible, but don't overdo your social isolation if you are not infected or exposed.
- Connect with faith, belief, things of meaning. We all believe something. Trying times can test your beliefs and so connecting with them is important during times of crisis.
- We live in perhaps one of the best countries in the world. We have a public health service that keeps us informed and in the event of a real crisis we have institutions that can mobilize to bring us resources to keep us fed and warm if necessary.

So, stay safe. Care for each other and keep your stress manageable.

(Adapted from CDC "Managing Anxiety & Stress")

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>)