

MENTAL HEALTH AND WELLNESS RESOURCES DURING TIMES OF UNCERTAINTY



As we all continue to monitor and navigate the COVID-19 situation, the following tips may be helpful in managing anxiety, maintaining perspective, and generally taking care of our mental and emotional well-being during these uncertain times.

Get the facts.

Consuming inaccurate information can fuel feelings of anxiety, fear, and panic. Monitor the CDC and WHO websites for the latest information about COVID-19 so that you can be properly informed as the situation continues to unfold (CDC COVID-19 website: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>).

Focus on what you can control.

We cannot control what has happened up to this point, but we can all control how we respond moving forward. Adhering to the recommendations offered by the CDC related to hand-washing, social distancing, when to seek treatment, etc. allows us to do our part in helping to contain the spread of the virus. And focusing on the present moment rather than speculating about the future helps with managing our fears.

Stay connected to friends and loved ones.

Although social distancing and self-imposed quarantines are recommended as strategies to decrease transmission of the virus, maintaining contact with your support system via text, email, video calls, etc. can provide comfort and reassurance. It also allows you to check in on their health status and curtail feelings of isolation. In addition, here are some tips for talking to kids about the coronavirus: <https://childmind.org/article/talking-to-kids-about-the-coronavirus>.

Take care of your mind.

Strategies that can be helpful in maintaining your mental and emotional wellness include the following: breathing exercises, mindfulness (e.g., Headspace app), writing about your feelings and experiences, doing something creative, engaging in a spiritual practice, identifying things you're grateful for, and allowing space for your feelings (e.g. fear and anxiety) without judgment. Monitoring your consumption of COVID-19 news and information are all strategies that can be helpful in maintaining your mental and emotional wellness (Article on mental health and coping during COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html>).

Take care of your body.

As we've learned, those with compromised immune systems are more susceptible to the virus. However, experiencing prolonged or chronic feelings of stress can weaken immune systems in relatively healthy individuals. So it's important to maintain our physical health through proper nutrition, sleep, and exercise during this time.

Keep things in perspective.

Although the impact may look different for each of us, we are all affected by the COVID-19 situation. During this time of ongoing uncertainty, we must tap into our resilience and maintain our humanity, as we are all in this together. Extending kindness, care, and compassion – rather than shunning and blaming others – goes a long way toward keeping xenophobia in check and allowing us to collectively work together to identify viable solutions to this crisis.

Seek additional help if needed.

Individuals who experience anxiety or other mental health concerns may experience heightened symptoms in the wake of this global health emergency. Others may wish to speak to someone to manage feelings of uncertainty and fear. If you need help immediately, text **TEAM** to **741741** for 24/7 support from a trained crisis counselor.