



## **Managing Mental Health During COVID-19**

First off, it is important to note that it is completely normal to feel stress or overwhelmed regarding COVID-19. Dealing with a disease that carries a lot of unknowns can be stressful. However, we are here to help you manage those feelings. Below are some tips for dealing with not only stress and anxiety but also loneliness during these new work from home times.

### **Stress/Anxiety**

The stress and anxiety felt during these times can be caused by a few different factors. Some possible factors include:

- Fear and worry about your own health
- Fear and worry about your loved ones' health
- Changes in your sleeping and eating patterns
- Possible worsening of other health issues

If any of these factors apply to you, it is important to find ways to cope and deal with those feelings. Below are some things that you can do to help yourself during these times.

- Take breaks from watching, reading, or listening to the news
- Take care of your body through deep breathing, stretching, meditation, health eating, exercising, and getting enough sleep
- Plan out times to unwind. Especially if you are working from home now, make sure you plan when you are going to stop working so that you can go do activities you enjoy.
- Stay connected with others. Even though we are all practicing social distancing, it is important to stay connected. You can do this through phone calls or Facetime calls with friends and family.

### **Loneliness**

If you are not used to working from home and spending so much time inside, it can be hard to deal with the new alone time. Below are some tips for how to cope with this.

- Create a schedule. Even though you might be at home now and your normal schedule might be completely different, try creating a schedule to stick to. This can help you to feel "normal" as you go through your day
- Stay active. If you are feeling down or lonely, pull up a workout video and do the workout with the video. This not only will keep you active, but also could even help you feel like you are in a class surrounded by others.

- Stay connected. This is incredibly important. Even though we are all practicing social distancing, you still need to stay in contact with people who are close to you. Talk to you family/friends on the phone or over Facetime to get your social interaction in each day.
- Find comforting things. This will be different for everyone but find things that comfort you. You could try taking a bath, cooking a healthy meal, lighting a candle, or reading your favorite book to help calm yourself.
- Distract yourself. If you are starting to feel lonely, try distracting yourself with a good book, a TV show, or even just listening to music.

For more tips and ideas, check out the resources below.

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

<https://www.verywellmind.com/how-to-cope-with-loneliness-during-coronavirus-4799661>