# COVID-19 AND YOUR MENTAL HEALTH

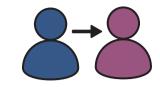
While we are familiar with viruses like the common cold and the flu, the coronavirus (COVID-19) is new and presents a situation that none of us could have imagined a few short months ago. The fact that it is extremely contagious has resulted in business closures, social distancing, and quarantine measures which have disruptived our daily lives. It is more important now than ever to pay attention to mental health during this time of isolation and uncertainty.

#### YOUR CONCERNS ARE VALID

There are many reasons that you might be concerned or worried about COVID-19. Some of the most common are:



**Getting sick** 



Passing the virus onto others, especially those that are high-risk



Adjusting to a new reality for an uncertain amount of time



Taking care of and supporting your family



Concern about the health of your friends and family



**Financial stress** 



Not being able connect with friends and family the way you're used to



Shortages of certain common supplies

### REALIZE WHAT YOU CAN CONTROL

One of the most frustrating things about COVID-19 is that so much about the virus and the limitations on where you can go are out of your control. However, there are things that you can control, and focusing on those things can provide you with some comfort. Some of the things you can control include:

YOUR MIND AND BODY



- Keep a healthy diet Exercise at home
- Get enough sleep
- Do not smoke or drink alcohol excessively Take care of your mental health
- Maintain self-care and personal hygiene

**YOUR IMMEDIATE ENVIRONMENT** 



clean and get organized Make responsible choices about when to leave the house and only go

• Your house, your bedroom, your closet, your kitchen – now is the time to

- out if necessary Limit the number of people you come into contact with
- Work from home if you are able to

WHAT YOU CONSUME



 Get your information from reliable sources like the CDC or WHO Watch TV, movies, and videos that make you feel good

Don't overdo your news and information intake

**HOW YOU** PREPARE



Keep 2-4 weeks of food on hand

- Avoid overstocking on supplies that are in high demand so other people can have enough of the essentials too If you take medication, get refills and keep a month's supply at home if
- possible

**HOW YOU PROTECT** YOURSELF



hand sanitizer with at least 60% alcohol Avoid touching your eyes, nose and mouth · Avoid greeting people by shaking hands, kissing or hugging

Regularly wash your hands for 20 seconds with soap and water or use a

Keep 6 feet of distance between you and anyone who is coughing or

sneezing

**HOW YOU PROTECT OTHERS** 



- Stay home if you are sick aside from getting medical care Cover your coughs and sneezes Clean and disinfect frequently touched surfaces

## It is normal to be worried and stressed during times of crisis. While worry is a part of anxiety, people with anxiety

SIGNS OF ANXIETY

tend to experience more exaggerated feelings of worry and tension. Some common symptoms include:



worry or dread



problems









difficulty sleeping



someone else to calm their fears and practice deep breathing. MANAGING ANXIETY

mistaken for heart attacks at first, but usually go away when people are able to talk to

#### There are small things that everyone can do while practicing social distancing or self-quarantine to help reduce the

amount of anxiety they are experiencing.

Use resources like Ask someone to

Use a mindfulness or meditation app

be your support

buddy. Call, text,

or video chat as

needed.

Set a timer for

every hour to get

up and stretch or

**Exercise at home** 

**Crisis Text Line** (Text MHA to 741741) Create a new

online support

groups or the

with your phone Take 10 deep

**Set boundaries** 

take a walk

WHEN ANXIETY WON'T LET UP

routine

breaths when you

feel stressed

there are additional resources you can take advantage of. Mental Health Screening Crisis Hotlines and Textlines

If you're taking steps to manage worry and anxiety during the COVID-19 crisis but they don't seem to be helping,

mental health, visit mhascreening.org to check your symptoms.

If you feel like you are struggling with your



It's free, private, and anonymous.

Once you have your results, MHA will give you information and resources to help

you start to feel better.

Find more information and resources

to the COVID-19 pandemic, crisis counselors are available 24/7, 365 days a year. Call 1-800-985-5990

or text "TalkWithUs" to 66746.

If you experiencing emotional distress related





touch with someone immediately. Call 1-800-273-8255 (TALK)

or text "MHA" to 741741.



about COVID-19 and mental health at mhanational.org/covid19.