

# MANAGING YOUR MENTAL HEALTH

**DURING COVID-19**

## Coping with Stress?

Important things that should be your priority!



Go for a walk



Eat a balanced meal



Connect with Family online



Make time alone for yourself

## Battling With Anxiety?

### Reduce Stress:

Focus on things that make you grateful. Studies have shown that exercising your body and relaxing your mind lower anxiety and possibly prevent depression.<sup>2</sup>

### Ask for help:

Find stability on your terms. Seek out possible solutions to problems. (Ask for help from professionals).<sup>3</sup>



### Acknowledge:

Share feelings of anger, worry, and anxiety. It's important to pay attention to the emotional and physical signs of stress.<sup>4</sup>



### WHAT A HEALTHY ROUTINE LOOKS LIKE<sup>5</sup>

- + Create a daily schedule. (Try your best to stick to it.)
- + Find a healthy activity that relaxes you.
- + Write down what you are grateful for.

## Social Connections

Research conducted during COVID-19 revealed periods of social isolation lead to higher levels of loneliness.<sup>6</sup>

**FACT:** Staying socially connected to family members provides a sense of security and comfort especially in communities of color.

**FACT:** Social isolation is very similar to the level of risk that obesity, smoking and the lack of physical activity bring.<sup>8</sup>

**FACT:** Social isolation is associated with a 50% increase of dementia and other serious medical conditions.<sup>9</sup>

**FACT:** Social isolation and being lonely are twice as harmful to mental health!<sup>10</sup>

## Feeling Anxious About COVID-19?

If COVID-19 has you feeling anxious, try the following:

- Get vaccinated with the COVID-19 vaccine to lessen the worry of contracting the virus.
- If COVID-19 is affecting your mental health, set boundaries. (Decrease the time spent discussing COVID-19 with people).<sup>12</sup>
- Stay connected to friends and family via phone, email, social media and video calls.
- Reach out to churches and other community organizations for opportunities of connection.<sup>14</sup>



## Tips to Handle Grief

Grief is a natural response to a loss, this could be a loss of life or any drastic changes to our daily routine and ways of life that usually bring us comfort and stability.<sup>16</sup>

### Create:<sup>17</sup>

- Virtual memory blog, or webpage to remember your loved one

### Connect:<sup>18</sup>

- Share stories with family or friends

### Seek out help:<sup>19</sup>

- Grief counseling, mental health services, or hotlines
- Faith-based organizations
- Support from trusted individuals

## Talk to Someone

If you or someone you know is experiencing... Mental health issues related or unrelated to COVID-19, it may be time to talk to a professional. If you need help or more information, visit [www.nimh.nih.gov/findhelp.com](http://www.nimh.nih.gov/findhelp.com)<sup>15</sup>

**If you are dealing with a crisis, call:**

**National Suicide Prevention Lifeline Call (800) 273-TALK (8255).**

**National Domestic Violence Hotline 1-800-799-SAFE(7233)**

**SAMHSA Treatment Referral Helpline 1-877-SAMHSA7 (1-877-726-4727)**



<sup>1</sup> Lou, Wai Kai et al. "Regularizing Daily Routines for Mental Health during and after the COVID-19 Pandemic." *Journal of Global Health, International Society of Global Health*, Dec. 2020. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC735346/>.  
<sup>2</sup> "Top Ten COVID-19 Anxiety Reduction Strategies." *Anxiety and Depression Association of America, ADAA*, 1 Nov. 2020. <https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/top-ten-covid-19-anxiety-reduction-strategies>.  
<sup>3</sup> "Top Ten COVID-19 Anxiety Reduction Strategies." *Anxiety and Depression Association of America, ADAA, Ken Goodman*, 5 Nov. 2020. <https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/top-ten-covid-19-anxiety-reduction-strategies>.  
<sup>4</sup> "Top Ten COVID-19 Anxiety Reduction Strategies." *Anxiety and Depression Association of America, ADAA, Ken Goodman*, 5 Nov. 2020. <https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/top-ten-covid-19-anxiety-reduction-strategies>.  
<sup>5</sup> "Covid-19: How to Manage Your Mental Health during the Pandemic." *Mayo Clinic*, Mayo Foundation for Medical Education and Research, 23 Nov. 2020. <https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/mental-health-covid-19/art-2046221>.  
<sup>6</sup> Paulsen, Emily. "Apa Covid-19 Mental Health Facts African Americans." *Coronavirus, Mental Health and African Americans*, American Psychiatric Association. <https://www.psychiatry.org/files/2020/Library/Psychiatrists/APA-COVID-19-Mental-Health-Facts-African-Americans.pdf>.  
<sup>8</sup> "Loneliness and Social Isolation Linked to Serious Health Conditions." *Centers for Disease Control and Prevention, Centers for Disease Control and Prevention*, 29 Apr. 2021. <https://www.cdc.gov/aging/publications/features/lonely-older-adults.html>.  
<sup>9</sup> "Loneliness and Social Isolation Linked to Serious Health Conditions." *Centers for Disease Control and Prevention, Centers for Disease Control and Prevention*, 29 Apr. 2021. <https://www.cdc.gov/aging/publications/features/lonely-older-adults.html>.  
<sup>10</sup> "The Risks of Social Isolation." *Monitor on Psychology, American Psychological Association*. <https://www.apa.org/monitor/2019/05/corner-isolation>.  
<sup>11</sup> "Coping with Stress." *Centers for Disease Control and Prevention, Centers for Disease Control and Prevention*, 25 Mar. 2022. <https://www.cdc.gov/mentalhealth/stress-coping/cope-with-stress/index.html>.  
<sup>15</sup> "Help for Mental Illnesses." *National Institute of Mental Health, U.S. Department of Health and Human Services*. <https://www.nimh.nih.gov/health/find-help>.  
<sup>16</sup> "Grief and Loss." *Centers for Disease Control and Prevention, Centers for Disease Control and Prevention*, 22 July 2021. <https://www.cdc.gov/mentalhealth/stress-coping/grief-loss/index.html>.