

# MAINTAINING MENTAL HEALTH DURING THE COVID-19 OUTBREAK

## AVOID EXCESSIVE MEDIA EXPOSURE



Staying updated on the situation in your community is important, however, excessive media exposure can create unnecessary anxiety. Limit your news exposure to a few trusted sources. Avoid relying on social media for updates on the situation and avoid speculative news.

## CREATE A DAILY ROUTINE

Several changes within our daily lives are taking place, which can contribute to feelings of anxiety and lack of control. Creating a daily routine, and sticking to it, can help with regaining a sense of structure and purpose within our lives.



## ACKNOWLEDGE YOUR EMOTIONS

Recognize that it is normal to feel anxious, scared, or depressed during a crisis. Utilize coping skills that have worked for you in the past or reach out to others for support.

## STAY ACTIVE



Being active is a great way to promote mental health. Research shows that engaging in aerobic activities, such as walking, cycling, jogging or dancing, can effectively reduce anxiety and depression.

## STAY CONNECTED

Social distancing during this time is crucial, however, staying in touch with family and friends through calls, texts, video-chat, & social media can lessen the extent of social isolation experienced.



## PRIORITIZE SELF-CARE

During times of increased stress, it is important to make self-care a priority. Make sure that you are allowing adequate time for engaging in activities or practices that you enjoy.

## PRACTICE GRATITUDE & HELP OTHERS



It is easy to lose touch with the positive aspects of life during difficult times, however, recognizing what we are grateful for can help us reframe the situation in a more positive way. Helping others who are less fortunate is a one way to express our gratitude and feel connected to our community.

## GET CREATIVE

Engaging in creative activities can help reduce stress, anxiety, & depression. Creating art or writing can help you process your negative emotions in a productive way and can also produce calming effects on the brain and the body.

