

How to Be Mentally Healthy At Home

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

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Stress during an infectious disease outbreak can include:

- Fear and worry about your own health and the health of your loved ones.
- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Worsening of chronic health problems.
- Worsening of mental health conditions.
- Increased use of alcohol, tobacco, or other drugs.

Take care of yourself and your community

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

Ways to cope with stress:

- Take breaks from watching, reading, or listening to news stories, including social media; hearing about the pandemic repeatedly can be upsetting.
- Take care of your body.
- Take deep breaths, stretch, or meditate.
- Try to eat healthy, well-balanced meals.
- Exercise regularly, get plenty of sleep.
- Avoid alcohol and drugs.
- Make time to unwind; try to do some other activities you enjoy.
- Connect with others; talk with people you trust about your concerns and how you are feeling.

When coping skills aren't enough

Sometimes, though, you may find that you aren't ok despite your best efforts to stay healthy. If that happens, it's important to know when warning signs indicate it's time to ask for help.

Immediate risk

Some behaviors may indicate that a person is at immediate risk for suicide.

The following three should prompt you to immediately call the [National Suicide Prevention Lifeline at 1-800-273-TALK \(8255\)](#) or a mental health professional.

- Talking about wanting to die or to kill oneself.
- Looking for a way to kill oneself, such as searching online or obtaining a gun.
- Talking about feeling hopeless or having no reason to live.

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Significant - but not immediate - risk

Other behaviors may also indicate a serious risk—especially if the behavior is new, has increased, and/or seems related to a painful event, loss, or change.

- Talking about feeling trapped or in unbearable pain.
- Talking about being a burden to others.
- Increasing the use of alcohol or drugs.
- Acting anxious or agitated; behaving recklessly.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

Need help? Know someone who does?

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others, there are resources to support you.



Need Someone to Talk To?

If it's not a Crisis,
Call a WarmLine.



www.WarmLine.org



How to Contact Your Community Mental Health Center



Visit DBHDID.KY.GOV



Scroll Options on Left



Select "Community Mental Health Centers"



Choose County From Center Menu

Information adapted from:

- <https://www.sprc.org/about-suicide/warning-signs>
- <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

