

Keep Up Your Mental Health!



COVID-19 is a traumatic event we're all experiencing. Be patient & kind with yourself. We will all respond differently due to our genetics and environment. Do your best to recognize your stressors and respond quickly to treat them.

Recognize Stressors

Adults:

- Fear & worry about your health & others
- Changes in sleep/eating
- Difficulty sleeping or concentrating
- Worsening chronic health problems
- Worsening mental health conditions
- Increased use: alcohol, tobacco, or other drugs

Increased risk:

- Older people & people with chronic diseases
- Children and teens
- Doctors, other health care providers, & 1st responders
- People who have mental health conditions including problems with substance use

Stressors in Children:

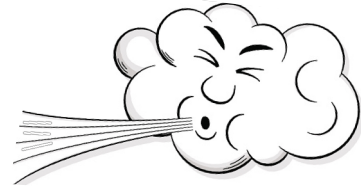
- Excessive crying or irritation
- Reemerging outgrown behaviors
 - (Ex: toileting accidents or bedwetting)
- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- Irritability & “acting out” behaviors in teens
- Poor school performance or avoiding school
- Difficulty with attention & concentration
- Avoidance of enjoyed activities
- Unexplained headaches or body pain



We are social creatures! It's expected to feel **blue** in these times of loneliness.



Manage Stress



Take breaks from the News & Social Media

- It's good to be informed, but repeated exposure can be harmful to your mental health.

Care for your Body

- Take deep, relaxing breaths
- Stretch
- Massage loved one's to relieve tension
- Avoid alcohol & drug misuse
- Spend time in nature
- Try to move & get in some activity

Eat Healthy

Try to eat healthy, balanced meals. Don't stress over your "slip-ups". One or cookies doesn't mean your entire day is now ruined & gone to waste. Allow yourself treats, but focus on healthier meals choices and portion sizes. Planning meals ahead of time will help.

Keep a Schedule

Keeping a routine will help you feel more productive and not so much like you are stuck. However, make sure you do not stress yourself out by overscheduling. We all need breaks sometimes.

Connect with others

- Talk with people about your concerns & how you are feeling.
- ***Call your healthcare provider if stress becomes overwhelming***

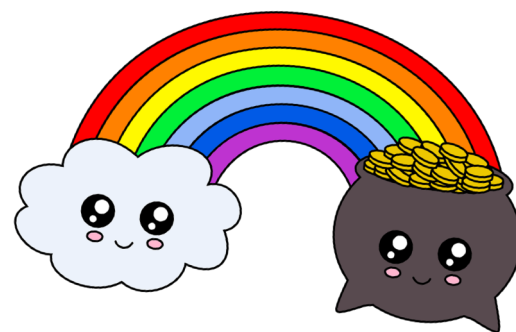
Contact a counselor

- Even if you are not completely overwhelmed, talking to a professional virtually can drastically reduce your stress & help your sort through your emotions. Counselors are a resource to help you have the best mental health possible and are often underused!

Support Your Children

- Answer questions & help you kids understand COVID-19
- Let them know they are safe
- Encourage them to express their feelings & let them know it's okay to experience negative emotions
- Keep regular routines especially for schooling
- Be a role model and take care of yourself!

Activities For Your Mental Health



Continue your current activities:

Online worship, gym, yoga studios

Physical Activity

- Exercise videos
- Bodyweight exercises
- Online workouts
- Fitness apps
- Take a walk
- Bike ride outside
- Sports
- Go on hikes and picnics
- Indo board balance-learn to surf
- Roller-skate or skateboard

Home Improvement

- Home repairs/remodel
- Clean & organize
- Make furniture
- Wood carving
- Plant a garden or miniature garden
 - Learn to force bulbs
 - Start an aqua for your fish

Creative Crafts

- Write a poem
- Draw
- Learn to sew
- Knit or crochet
- Cross-stich
- Paint & watch videos to learn painting techniques
 - Not Creative? Try paint by number!

Productive Activities

- Write
- Experiment in kitchen
 - Try meal prepping
- Start blogging or a YouTube channel to share your passion
- Get a notebook & start planning your goals

Self Care

- Paint your nails
- New skincare routine
- Take a shower or bubble bath
- Keep a journal of positive experiences & read it when feeling sad.
- Sing
- Blend and diffuse essential oils.
- Get ready or dressed up
- Make your bed everyday

Learning Activates

- Read
- Start an online business
 - Amazon FBA
 - Etsy
- Learn photoshop
- Learn about cultures & try out their practices
- Learn to play an instrument
- Go to an Online Zoo & learn fun facts about animals
 - [Cincinnati Zoo](#)
 - [Other Zoos](#)

More Information



The following information was retrieved from: <https://www.iedfoundation.org/covid-19-and-managing-mental-health/>

- The Centers for Disease Control (CDC) has guidance on [managing mental health](#) and coping during COVID-19 for children and caregivers, as well as [guidance for higher education administrators](#).
- The [Child Mind Institute](#) has published a resource on how to talk to young people about COVID-19.
- The [Hope Center](#) has outlined resources for supporting college students during this crisis.
- The [American College Health Association](#) has created a guide to help college health staff and campus administrators address COVID-19 on campus.
- The [World Health Organization](#) (WHO) has information on travel, media resources, and other research on COVID-19.
- Anxiety and Depression Association of America Psychologist Jelena Kecmanovic provides some science-based [strategies and tips](#) for coping with COVID-19 anxiety.
- [Safety on campus](#) during the COVID-19 outbreak.

Interesting read on mental health: <https://www.nationalgeographic.com/family/in-the-news/coronavirus/kids-mental-health-coronavirus/>

