

Caring for your Mental Health During COVID-19

The outbreak of COVID-19 can be stressful. You might feel more anxious or depressed than usual. There are lots of things you can do to care for your mental health at this time. Here are a few of our favorite ideas:

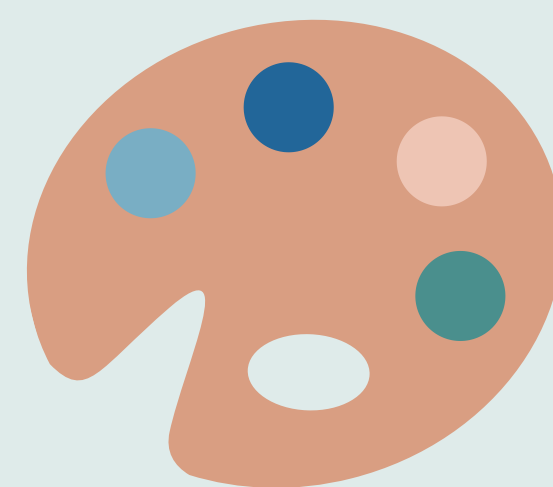
Take a Break from the News and Social Media

Too much information can leave you feeling upset. Only check the news once or twice a day, and limit your time on social media. Get information from trusted sources like the Marion Health Department, Mass.gov, CDC or WHO.



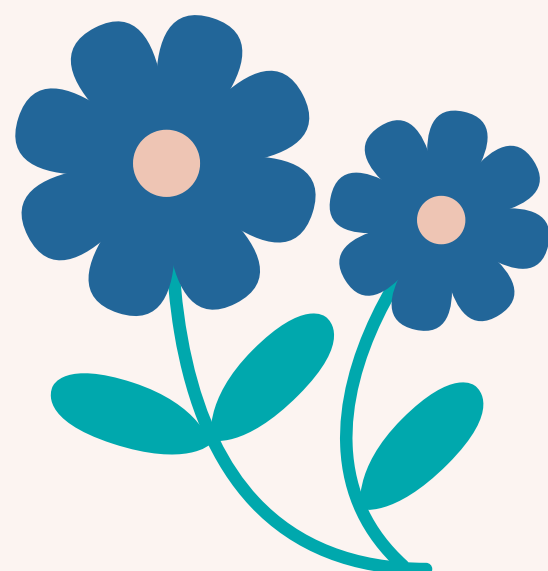
Do Meaningful Things with your Free Time

Do something you love every day. This will be different for everyone. You might love painting, reading a new book, praying, or bird watching. Whatever it is, try to fit it in your day.



Feel the Sunshine

Nature can often make us feel better. If your neighborhood is safe, try to go outside most days.



Practice Relaxation

When we are stressed or anxious, it can be hard to relax. Try taking a few slow deep breaths, practicing yoga, or meditating.



There are lots of free online resources. Try the Headspace or Calm app on your phone, or type "yoga" or "meditation" into your internet browser.

Move your Body

Exercising in a way you enjoy can help with symptoms of anxiety, depression, and stress. Try going for a walk, dancing to some upbeat music, or taking a free online class.



Stay Connected to Others

Talking to people you love can help you feel better. Call or video chat your friends and family, especially if you are struggling.



Seek Help from Trusted Professionals

Sometimes, even the best tips cannot help us feel better. If you or a loved one are struggling with your mental health, call your doctor or one of the following resources:

Samaritans Helpline: call 1-877-870-4673

Crisis Text Line: text HOME to 741741

SAMHSA Disaster Distress Helpline: call 1-800985-5990 or text TalkWithUs to 66746

Massachusetts Emergency Services Program/Mobile Crisis Intervention: 1-877-382-1609

