Covid-19 and your Mental Health

YOUR CONCERNS ARE VALID

There are many reasons that you might be concerned or worried about COVID-19. Some of the most common are:

- Getting sick
- Passing the virus onto others, especially those that are at high-risk
- Concern about the health of your friends and family
- Financial stress
- Not being able to connect with friends and family
- Taking care of and supporting your family
- Shortages of common supplies

REALIZE WHAT YOU CAN CONTROL

One of the most frustrating things about COVID-19 is that so much about the virus and the limitations on where you can go are out of your control. However, there are things that you can control, and focusing on those things can provide you with some comfort. Some of the things you can control include:

- Keep a healthy diet
- Exercise or rest
- Get enough sleep
- Do not smoke or drink alcohol excessively
- Take care of your mental health
- Maintain self-care and personal hygiene
- If you are housebound, keep the number of people you come into contact with to a minimum
- Work from home if you are able to

WHAT YOU CONSUME

- Don’t overload your news and information intake
- Get information from reliable sources like the CDC or WHO
- Watch TV, movies, and videos that make you feel good

HOW YOU PREPARE

- Regularly wash your hands for 20 seconds with soap and water or use a hand sanitizer with at least 60% alcohol
- Avoid touching your eyes, nose, and mouth
- Avoid greeting people by shaking hands, hugging or hugging
- Keep a safe distance from different appliances, and therefore, from other people
- Clean and disinfect frequently touched surfaces

HOW YOU PROTECT YOURSELF

- Stay home if you are sick from getting medical care
- Take care of your symptoms
- Clean and disinfect frequently touched surfaces

SIGNS OF ANXIETY

It is normal to be worried and stressed during times of crisis. While worry is a part of anxiety, people with anxiety tend to experience exaggerated feelings of worry and tension. Some common symptoms include:

- Uncontrollable worry or dread
- Stomach pain or digestion problems
- Trouble concentrating, making decisions, or remembering
- Increased heart rate
- Changes in energy and sleep patterns
- Irritability and/or restlessness

MANAGING ANXIETY

There are small things that everyone can do while practicing social distancing or self-quarantine to help reduce the amount of anxiety they are experiencing.

- Use a mindfulness or meditation app
- Practice deep breathing
- Use moisturizing lotions or essential oils to keep your hands moisturized
- Create a new routine
- Set boundaries with your phones

WHEN ANXIETY WON’T LET UP

If your anxiety is causing you worry and a anxiety during the COVID-19 crisis but they don’t seem to be helping, there are additional resources you can take advantage of.

- Ask someone to help you stay healthy. Call, text, or FaceTime with someone you trust.
- Exercise at home
- Create a new routine
- Set boundaries with your phones

- If you are feeling stressed or depressed, call
- If you are experiencing emotional distress related to the COVID-19 pandemic, contact crisis counselors and resources
- If you are in an unsafe place, call a local crisis center and get support or contact someone immediately.

Find more information and resources about COVID-19 and mental health at mhaccess.org/covid-19.