

Supporting your Mental Health During the COVID-19 Pandemic

"Take Care of Your Body"

Take deep breaths, stretch, or meditate. Try to eat regular, well-balanced meals; get some physical activity every day; give yourself time to get a full night's sleep; and avoid alcohol and drugs.



Set Goals and Priorities

Decide what must get done today and what can wait. Priorities may shift to reflect changes in schedules and routines and that is okay. Recognize what you have accomplished at the end of the day.



Take Breaks from the News

Set aside periods of time each day during which you close your news and social media feeds and turn off the TV. Give yourself some time and space to think about and focus on other things.



Connect with Others

Talk with people you trust about your concerns and how you are feeling. Digital tools can help keep you stay connected with friends, family, and neighbors when you aren't able to see them in person.



Make Time to Unwind

Try to engage in activities and hobbies you enjoy. Engaging in these activities offers an important outlet for pleasure, fun, and creativity."



Source:

<https://www.nimh.nih.gov/news/science-news/2020/supporting-mental-health-during-the-covid-19-pandemic.shtml>



Taking Care of Your Mind and Body

Research shows that mindfulness can have a positive impact in certain areas of mental health including stress reduction, emotion and attention regulation, and reducing mild to moderate depression and anxiety.

Source: <https://www.mindful.org/mindfulness-mental-health/>

Here is a 5- step mindfulness breathing activity you can try at home:

You can do this activity sitting or standing, whatever is most comfortable to you.

All you will have to do is be still and focus on your breath for one minute.

1. Start by breathing in and out slowly. One breath cycle should last approximately 6 seconds.
2. Breathe in through your nose and out through your mouth letting your breath flow effortlessly.
3. Let go of your thoughts. Let go of things you have to do later today or pending projects that need your attention.
4. Purposefully watch your breath, focusing your sense of awareness on its pathway as it enters your body and fills you with life.
5. Then watch with your awareness as it works work its way up and out of your mouth and its energy dissipates into the world.

Click, or follow this link for more mindfulness exercises:

<https://www.mindful.org/category/meditation/daily-practices/>