

1 STAY CONNECTED

Although we are all working hard to practice social distancing, connect with friends via phone, video calls, and social media. Schedule times to connect with those most important to you.

2 GET SOME SLEEP

Falling asleep- and staying asleep- can be incredibly difficult during these times of high stress and uncertainty. However, getting enough sleep helps our mental and physical health and allows us to stay more alert and have more energy throughout the day. Try these tips to encourage healthy sleep:

- Wake at the same time each day.
- Avoid screens for at least 30 minutes before bed.
- Find a favorite quiet "wind down" activity, such as gentle stretching or reading a book.

3 STAY ACTIVE

Go for walks around your neighborhood (if able) or find spaces in your home where you can exercise. Stay motivated and consistent by setting goals for yourself.

4 STICK TO A SCHEDULE

Lack of routine can make us feel more anxious and uncertain. Find a schedule that works for you, and stick to it in order to find better balance and structure during the day.

5 REMEMBER TO BREATHE

Despite the uncertainty of the world around us, know that we are all in this together. Practice empathy and compassion for those around you and also for yourself. Take time each day to focus on your breath, noticing the sensations of the air traveling through your body as you breathe in and out. By focusing on breath in the present moment, we can help tame anxious thoughts.

Adapted from Happify
www.happify.com



5 WAYS TO TAKE CARE OF YOUR MENTAL HEALTH

