

COVID-19: KEEPING GOOD MENTAL HEALTH IN A TIME OF UNCERTAINTY

During this period of time when our physical health (and that of others) depends on our adherence to staying apart physically, our mental health depends on our ability to pay attention to the key needs we all share.

The following core issues are critical to maintaining good mental health during this challenging time:

- **CONNECTION WITH OTHERS** – Turn outward, preserve and strengthen connections with those you care about. Find innovative ways to keep communications going.
- **MINDFULNESS/MEDITATION/PRAYER/REFLECTION** – Turn inward, engage in actions that bring a feeling of peacefulness and calmness. Focus on gratitude.
- **MOVEMENT/PHYSICAL ACTIVITY** – Get your body moving every day, explore whatever activities connect you with your body's strength and vitality.
- **GET OUTSIDE** – Connect with nature, feel the sun and the fresh air. Open the window if working inside.
- **STRUCTURE/CONSISTENCY/PREDICTABILITY** – Organize the day (ahead, if you can), stick to routines and bring order to the feeling of timelessness.
- **MEANINGFUL ENGAGEMENT – BE OF SERVICE** – Engage in acts of kindness; find ways to create a sense of purpose for yourself and bring happiness to others.
- **GET BETTER AT SOMETHING** – Use the time to improve yourself or your life. Learn new things. Start a project. Prepare new recipes.
- **BE KIND TO YOURSELF AND CUT YOURSELF SOME SLACK** – Be forgiving of yourself, use humor. Set limits if you need to. Keep your perspective – larger meaning to this inconvenience and stress.