



Why is good mental health important right now?

As we are challenged with fear and uncertainty, it is easy to neglect your mental health. But taking care of yourself mentally will help to build up your psychological resilience, enhance your immune system, and will ultimately make you better able to help other people and support your community during difficult times.

Tips on coping with stress:



Tip #1 establish clear lines

Try to find something special to do on the weekends —that may help to keep the weekdays and weekends from blurring together.



Tip #3 go outside

Take a walk through your neighborhood or a local park — the fresh air, sunshine, and nature will do wonders for your mental and physical health.



Tip #2 get active

Make sure you're exercising, as studies indicate it can be an effective natural antidepressant. Simply put, exercise is one of the best mental health strategies that exists. Aerobic exercise in particular can help with stress relief, as well as help keep our bodies healthy in the face of medical risks. It's also very important to engage in activities that you really enjoy, like music, art, painting, or cooking.



Tip #4 focus on family time

Schedule communal activities for the entire family. You may want to try: reading books or plays, with different family members taking on different roles; cooking (or learning to cook) together; watching movies or television series as a family; or planning out what you'll all do together when the crisis is over.



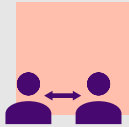
Tip #5 connect with friends and people who are vulnerable

There are many ways to be social – set up a coffee date, or host a dinner party. Call your parents. These interactions are important for your own mental health, and they could help other people who are going through a rough time.



Tip #7 Limit your exposure to the newsspace

It's not good to be constantly exposed to negative news. Take breaks from social media and the news, and when things start to feel overwhelming, try yoga, breathing exercises, or other relaxation techniques. The 24-hour cable news cycle addiction was taking its toll before the virus, and now it's more intense than ever. Pay attention, but don't obsess.



Tip #6 give each other some space

People have different needs for solitude. Know yours, know your partner's, know your family members', and don't be afraid to ask for downtime. You have to take breaks from each other, talk to other people, so you're not just putting everything on one person. In addition to communicating your needs, try to be understanding and positive, while realizing that everyone is highly anxious.



Tip #8 recognize that it's ok to be feel down, and talk to someone about it

It's expected to feel distressed, and talking to someone about it can be helpful. In addition to talking to friends and loved ones, don't hesitate to seek professional mental health support if you need it.

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