

Maintaining Mental Wellness During COVID-19 Outbreak

Mental Health Effects of COVID-19 Outbreak

With the ongoing Novel Coronavirus (COVID-19) outbreak, **it is important to be taking care of your *physical AND mental health***. During this time:

- Stress levels are higher as physical health, economic worries, and social changes create impact a person's well-being.
- It is normal to experience increased anxiety, fear, and uncertainty.
- There is a lot of change, which can be stressful and anxiety-producing.
- Others in your life may become distressed and turn to you for support.
- You may experience difficulty or changes in sleeping and eating patterns.
- Those with pre-existing physical or mental health issues may experience an increase in symptoms due to the stress they are experiencing.

These factors, and many others, may contribute to feelings of distress and anxiety, and may make it feel difficult to manage your life at this time. If you have a treatment plans or proven coping strategies, please continue to use those during that time.

Preventative Steps to Protect Yourself and Others Against COVID-19

Taking these commonsense steps can significant increase your chances of staying healthy.

1. Wash your hands frequently and thoroughly with soap and water.
2. Avoid touching your face, especially your eyes, mouth, and nose.
3. Avoid crowded areas and gatherings as much as possible.
4. Maintain distance between yourself and others (6 feet is recommended).
5. Cover coughs and sneezes with a bended elbow or tissue.

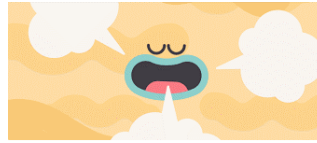
Take steps to take care of yourself, including staying home if *you feel sick*, *calling your doctor if you experience symptoms*, and *seeking proper medical treatment*.



Tips for managing stress and anxiety brought on by COVID-19:

- Reduce exposure to media coverage of COVID-19.
- Recognize what you have control over and what you do not.
 - Though we do not have control over the situation at hand, we do have control over the steps we take to protect ourselves and practice self-care.

- Take care of your physical well-being:
 - Take deep breaths, stretch, and meditate.
 - Eat health, well-balanced meals.
 - Exercise regularly.
 - Go outside (even if you are avoiding crowds).
 - Try to get plenty of sleep.



- Engage in activities you enjoy and that you normally do.
 - Maintaining a sense of normalcy is important during times of crisis.
- Connect with your family, friends, and others to talk about your feelings.

- Practice positive thinking and remind yourself of your resiliency
 - Most people overestimate how they will be impacted by negative events and underestimate their ability to cope with stress effectively.
 - Remind yourself of healthy ways you have dealt with stress before.
 - Remind yourself that with time the situation will pass and so will your feelings.



- Accept feelings of anxiety, worry, and uncertainty.
 - Describe the feeling in the moment to yourself or others.
 - Acknowledge how you feel without judging the feeling.
 - Facing anxiety in the moment will lead to less anxiety over time.
- Arm yourself with facts from reliable resources.
 - The [World Health Organization \(WHO\)](#), [Center for Disease Control \(CDC\)](#), and [New York State Health Department](#) are recommended for receiving accurate information.
- Reach out to professional help if needed!
 - Check-out our [Personal Counseling Department's Resource Page](#) for local mental health resources.