







# MAINTAINING MENTAL HEALTH DURING COVID-19

## CONTACT

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Relationships are both healing and protective...

- Eat dinner with your family
- Play a game/do an activity together
- Prepare meals/snacks together
- Read a book aloud
- Connect with loved ones (i.e. phone, video conference)

COVID-19 is a threat to our mental health as well as physical health. The following are ways to cope with the stress of COVID-19 and promote mental health.

- Deep breathing
- Read
- Listen to positive/relaxing music
- Watch a movie
- Be mindful/increase your awareness in everyday activities
- Arts and crafts
- At home workout routine/yoga
- Take a bath
- Have pleasant smells in the house (lotion, baking, essential oils)
- Clean
- Write down 3 things you are grateful for
- Meditate
- Use fidgets (stress ball, play dough, putty, pens, make fidgets at home)
- Guided Imagery
- Join online church services/bible studies
- Learn something new
- Pet and play with your animals
- Squeeze your muscles and hold for 5 seconds before releasing; repeat 3x

Our vitamin levels impact our mental health. Take your vitamins to maintain mental and physical health.

For guidance on the above activities please use apps for your phone, Pinterest, YouTube, Google etc.