

COVID 19 AND YOUR MENTAL HEALTH



STAY CONNECTED WITH FAMILY & FRIENDS

Talk to family and friends on the phone or through a video chat app. Reach out to your support system and check on one another.



TAKE CARE OF YOUR BODY

Try to eat healthy, well-balanced meals and get quality sleep.

DO WHAT YOU LOVE

Make time to unwind. Try to do activities you usually enjoy.



AVOID TOO MUCH EXPOSURE TO NEWS

Take breaks from the news.

SEEK HELP WHEN NEEDED

For mental health resources:
www.builtbycommunity.org/resources