

**How you feel
inside**
is also important



**SELF-CARE
REMINDERS**

**#CopingWithCOVID:
MENTAL HEALTH
IN TIMES OF CORONAVIRUS**

Remember you are not alone.
This is being felt around the world.



- Everyone reacts differently to stressful situations
- You may feel sad or anxious
- Talking to people you trust & sharing how you feel can help

Things you can do to cope with stress:



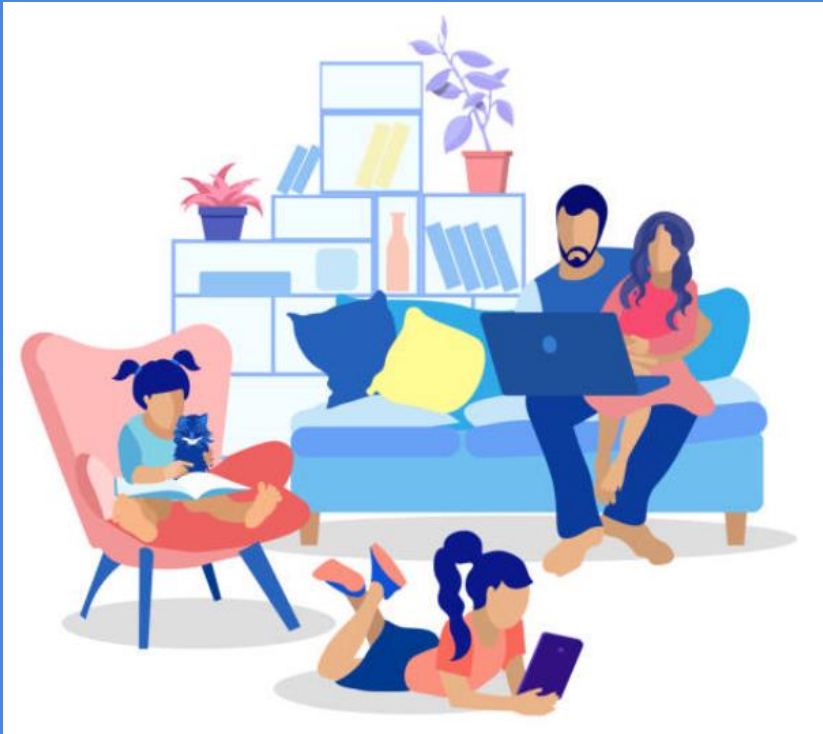
- Take care of your body
- Try to eat healthy well-balanced meals
- Exercise regularly
- Get plenty of sleep
- Avoid alcohol & drugs
- Make time to unwind
- Try to do some other activities you enjoy
- Take deep breaths, stretch, or use other strategies that have worked for you

Trying to maintain some sort of routine can help to keep us grounded.



- Get up at the same time
- Set yourself tasks to complete
- Make sure you include breaks, leisure activities & time to connect with friends and family
- Designate times to check on news as well as device-free times

Tips for coping with extended time with family or housemates



- Be aware of the needs of others in the household
- Discuss schedules and use of spaces
- If you need some time alone, flag this and let people know
- Communicate your needs clearly and calmly

IGNACIO 's Self Care Plan!

MEDITATE
TAKE LOTS OF BREAKS
MUSIC
Mind
FUN!
LIFE-LONG LEARNING

TEA
NOURISHING FOOD
EXERCISE
Body
SLEEP EIGHT HOURS
EVERYTHING IN MODERATION

Supportive People In My Life:
GRETCHEN
MOM
MI VIEJO
ALBERTO
LYNNE
CAROLINE
REED
DEBORAH

MEDITATE
HUMAN CONNECTIONS
Spirit
SELF-REFLECTION
FULFILLMENT
THOUGH USING MY AWESOME SKILLS

I want to accomplish:
PEACE
SERENITY
CONTROL
HAPPINESS
GOOD WORK
BE A GOOD PERSON

Try creating a self-care plan like Ignacio

Reach out for help



- If you, or someone you care about
- feel overwhelmed with emotions like sadness, fears and worries
 - feel life stress gets in the way of your daily routines
 - or feel like you want to harm yourself or others

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Last but not least:
Try to be as gentle as
possible with yourselves
at this time.