



Taking Care of Your Mental Health



Tips for coping with physical distancing, quarantine, and isolation during COVID-19

What is Physical Distancing?

Keeping a safe distance (approximately 6 feet) from others and avoiding large gatherings (churches, concerts, schools, public transportation)

What is Quarantine?

Separating and restricting movement of someone potentially exposed to COVID-19

What is Isolation?

Separating someone diagnosed with COVID-19 from others to prevent getting others sick

Ways to Support Yourself

- ❖ Educate yourself
 - Stay up-to-date BUT avoid watching or listening to the news 24/7
 - Look for credible sources of information and avoid spreading rumors
 - Know the symptoms to watch for and understand your risk
 - Don't be afraid to ask questions
- ❖ Create and follow a daily routine
 - Include regular activities, such as work, mealtimes, and exercise
 - Schedule times for positive coping
- ❖ Stay virtually connected with others
 - Connect by phone, text, video chat, and social media
 - Use these conversations to talk about your experience
- ❖ Maintain a healthy lifestyle
 - Avoid using alcohol as a way to cope
 - Get enough sleep
 - Focus on your nutrition
- ❖ Use ways to manage stress and stay positive
 - Take a moment to pause before you react
 - Focus on what you can do
 - Accept that changes will happen and take things one day at a time
 - Keep a daily gratitude journal
 - Download apps to help you practice relaxation and mindfulness. Search relaxation, mindfulness or meditation on the app stores.
- ❖ Notify your supervisor and seek medical care if you have a fever, dry cough, and shortness of breath

What to Expect: Common Reactions

- ❖ Fear and anxiety
 - Worrying about your health and your loved ones
 - Concern for others whom you may have exposed to the disease
 - Constantly monitoring for symptoms
 - Worrying about obtaining things you need
- ❖ Depression
 - Feeling sad or hopeless
 - Sleeping too little or too much
 - Changes in appetite
- ❖ Anger, frustration, or irritability
 - Uncertainty about the future
 - Desire to use alcohol or drugs to cope
- ❖ Loneliness and boredom
 - Feeling cut off from the world and loved ones
 - Inability to engage in regular activities
 - People avoiding you if you seem sick

Helpful Resources

Links

- ❖ [Mental Health and Coping During COVID-19](#), Centers for Disease Control and Prevention, 2020
- ❖ [Keeping Your Distance to Stay Safe](#), American Psychological Association
- ❖ [Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019](#), The National Child Traumatic Stress Network
- ❖ [SAMHSA: Taking Care of Your Behavioral Health](#), Substance Abuse and Mental Health Services Administration
- ❖ [Advice for public](#), World Health Organization

Services

- ❖ Behavioral Health Optimization Program
 - Mon-Thurs 0700-1700, Fri-Sun by appointment
 - DSN: 455-5214
- ❖ Mental Health
 - Sun-Sat 0700-1700
 - DSN: 455-5227
- ❖ Chaplains
 - DSN: 437-8811
- ❖ Marriage and Family Life Counselor
 - DSN: 455-4300