



# 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

- ❖ [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

### 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