Coping with COVID-19

Mental Health tips during social isolation

- Limit news consumption to credible sources (CDC, NIH, WHO). Align prevention practices with official recommendations from those sources.
- Get enough sleep and rest, take naps when needed.
- Create a realistic and feasible daily routine; follow it.
- Exercise daily in the best ways you can (walks outdoors are safe!).
- Take breaks to breathe deeply, stretch, and/or meditate.
- Try to avoid using drugs and alcohol as coping mechanisms.
- Shift priorities to focus more on what gives you meaning, purpose, and fulfillment.
- Engage in activities that give you a sense of accomplishment or control.

Eat a healthy diet as much as possible.

Resilience + Resistance Collective

CHAI Community Health Access Initiative

MICHIGAN MEDICINE UNIVERSITY OF MICHIGAN
Coping with COVID-19

Mental Health tips during social isolation

Examine your worries and explore the differences between what is probable and what is possible.

Limit contact with those who are panicking; fear is contagious.

Find someone who can help check your fears and concerns.

Stay connected with loved ones and others in your support system (physically or virtually).

Maintain a sense of hope and positive thinking.

Take a walk with a friend or family member.

Focus on what you can do, and accept the things you can't change.

Talk with friends and family members about topics that bring you joy.