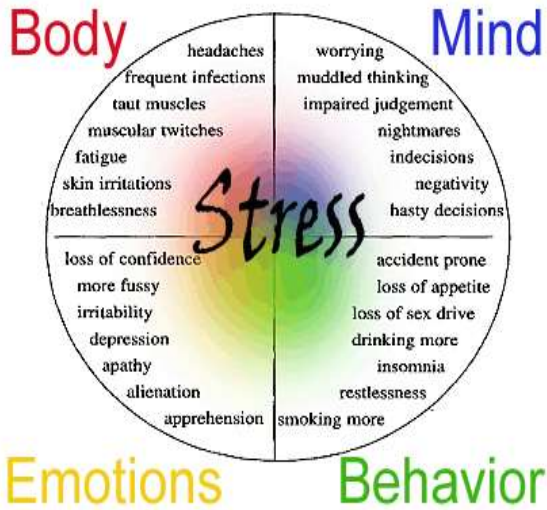


Mental Health and Coping During COVID-19

“Mental health is not a destination, but a process. It’s about how you drive, not where you’re going.”

- Unknown

In any pandemic, it is common to feel stressed. Everyone responds differently based on their own lived experience and ability to cope. Symptoms may affect you physically, emotionally, mentally and behaviorally. Anxiety and depression may be more difficult to manage. Stress over attending therapy, practicing self-care or the ability to fill medication may worry you and cause mild to severe psychologically distressing symptoms during this time including:



- Fear of falling ill and dying or losing loved ones due to the virus
- Fear of losing your livelihood, not being able to work during isolation, and being dismissed from work
- Feelings of helplessness, boredom, loneliness and depression
- Feeling stigmatized for working with patients who test positive for COVID-19
- Worsening of chronic health problems

Remember, taking care of yourself can help you cope with stress and manage your mental health and well-being.

If you need immediate assistance during this time, the Crisis Text Line is open 24/7 - text NAMI to 741741.

'FACE COVID' - How to respond effectively to the Corona crisis

By Dr Russ Harris, author of *The Happiness Trap*.

Learn more: www.TheHappinessTrap.com

A set of practical steps for responding effectively to the Corona crisis, using the principles of Acceptance and Commitment Therapy (ACT).

F = Focus on what's in your control

- You can't control what happens in the future, the coronavirus itself, the world economy, or magically control your feelings. You can control what you do – here and now. And that's what matters.

A = Acknowledge your thoughts & feelings

- Silently and kindly acknowledge whatever is 'showing up' inside you: thoughts, feelings, emotions, memories, sensation, urges.

C = Come back into your body

- Come back into and connect with your body, and actively move it. Why? So, you can gain as much control as possible over your physical actions, even though you can't control your feelings.

E = Engage in what you're doing

- Get a sense of where you are and refocus your attention on the activity you are doing.

KEEP A MOOD JOURNAL

Keeping track of how you feel helps you to better understand your mood, determine practical ways to manage and **feel** better faster.

How do you feel today?



SEEK HELP (Virtual Support Groups):

- www.supportgroupscentral.com
- <https://online.supportgroups.com/>
- www.18percent.org
- www.211.org