

MENTAL HEALTH CHECKLIST TO COPE WITH COVID-19

Edgewood tips to take care of your mental health

It's difficult not to fall into a trap of paranoia while taking precautions against Coronavirus. With 24/7 news coverage, shut downs, and social distancing recommendations, our new normal is filled with uncertainty. During these times, it's more important than ever to take care of your mental health. Here are some tips to maintain your emotional well-being:

- ✓ Take breaks from watching, reading, or listening to COVID-19 news. Hearing about the pandemic repeatedly is upsetting.
- ✓ Take care of your body. Take deep breaths, stretch, eat healthy, exercise regularly, get plenty of sleep, & hydrate often.
- ✓ Find something you can control. Purge your closet, organize shelves, clean your garage, etc. It helps to ground us when life is chaotic.
- ✓ Keep a routine. Sleep, work, eat, & enjoy free time on a schedule. This will keep your days structured & your mind busy.
- ✓ Reject emotional distance by connecting with others. Talk with people you trust or a supportive digital community about how you are feeling.
- ✓ Remind yourself this is temporary. Although this is difficult, it will pass. We will return to feeling free, safe, & connected in the days ahead.

Contact Edgewood if you need additional support.

Immediate Telehealth Appointments Available

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