

• COUNSELING SERVICES •

MENTAL HEALTH TIPS FOR STAYING HOME DUE TO COVID-19



ROUTINES

Maintain routines and typical schedules as much as possible



STAY CONNECTED

Stay connected through social media, email, texts, and video calls



HEALTHY HABITS

Make sure you are getting plenty of sleep, eating well, and moving or exercising regularly



RELIABLE NEWS

Try to not over consume news and updates on social media



TAKE BREAKS

Ease your mind from worrying by watching a movie, playing a game, meditating, or doing yoga



If you still have concerns, Text HOME to 741741 to connect with a Crisis Counselor about COVID-19 anxiety