MENTAL HEALTH: Self-care during the coronavirus outbreak

Stress and coping

- The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people.
- Everyone reacts differently to stressful situations.

Stress during an infectious disease outbreak can include:

- Fear and worry about your own health and the health of your loved ones.
- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Worsening of chronic health problems.
- Increased use of alcohol, tobacco, or other drugs.

Things you can do to support yourself:

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

Mental health helplines

If you are in crisis, please seek help immediately. Call 1-800-273-TALK (8255) to reach a 24-hour crisis center, text MHA to 741741, call 911, or go to the nearest emergency room.

SELF-CARE

STEPS TO A HEALTHIER YOU

List some healthier choices or self-care strategies you can try.

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