Taking Care of Your Mental Health

It is normal to feel uncertainty, worry or stress because of social distancing, financial strain, distance learning and other life adjustments.

Taking care of your mental health is just as important as taking care of your physical health. Positive wellbeing and looking for the good things in your life can help you stay mentally healthy during the COVID-19 outbreak. Here are some mental health strategies and resources you may find useful at this time:

Recognize the Signs of Stress

BEHAVIORAL

- Difficulty helping others or taking help from others
- Increase in irritability or worrying
- Not wanting to talk or be with others
- Difficulty relaxing or sleeping

PHYSICAL

- Headaches or other pain
- Changes in appetite
- Easily startled
- Stomach aches

EMOTIONAL

- Feeling anxious
- Feeling angry
- Feeling sad or depressed
- Not caring about anything

THINKING

- Feeling confused
- Difficulty remembering things
- Difficulty concentrating, or paying attention
- Difficulty making decisions

Do These To Feel Better

Seek information from legitimate sources and limit time you spend on news and social media

Take care of yourself first, then you can help others

When it feels like you have too much to do, take small breaks during the day

Do things to help you relax: deep breaths, stretching and meditation, a short walk, reading or listening to music
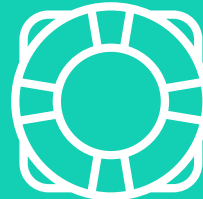
Get some alone time

Spend time with your household family in positive ways

Connect with others daily via phone, text and video chat

Get at least 30 minutes of exercise or physical activity every day

Ask for support, including professional support if needed

Mental Health Resources

24/7 National Suicide Prevention Lifeline: (800) 273-TALK suicidepreventionlifeline.org

24/7 Disaster Distress Helpline: (800) 985-5990 - TEXT "TalkWithUs" to 66746

Utah Emotional Health Relief Hotline: (833) 442-2211 - counseling in 19 languages, 10a-10p

SafeUT App and youth crisis text and tip line

2-1-1 or 211utah.org - connect to mental health, substance use, emergency child care services

Utah Parent Center - resources for caregivers of individuals with special needs

myStrength - behavioral health app; free with code UDHSguest33