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

1. Take care of yourself first, then you can help others.
2. When it feels like you have too much to do, take small breaks during the day.
3. Get at least 30 minutes of exercise or physical activity every day.
4. Spend time with your household family in positive ways.
5. Do things to help you relax: deep breaths, stretching and meditation, a short walk, reading or listening to music.
6. Get some alone time.
7. Ask for support, including professional support if needed.
8. Connect with others daily via phone, text and video chat.
9. Seek information from legitimate sources and limit time you spend on news and social media.

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