Some tips from the Center for Disease Control

Take care of yourself and your community

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

Ways to cope with stress

- **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.
  - 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.

What to expect and coping skills - from these national mental health organizations:
Some possible effects of a pandemic on your mental health...

- Anxiety
- Traumatic Stress
- Obsessions
- Loneliness
...and what you can do to combat them

1. Ask for help!
2. Practice radical acceptance
3. If you’re receiving treatment for mental health issues, continue it!
4. Reach out to others! We all need to be checked in on.
Advice from us at MHAEM
Take a break from the news

Create small goals for yourself

Take it day by day

Be patient with yourself. This isn’t the time to beat yourself up about how you’re feeling.

Use this downtime to your advantage. Find a new hobby or skill!
Feel free to reach out!
Give MHAEM a call or visit our website!!

For Essex County: (973) 509-9777
For Morris County: (973) 334-3496

https://www.mhaessexmorris.org
NJMentalHealthCares

If you’re concerned about your mental health or the mental health of someone you love, NJMentalHealthCares can help. The free helpline offers telephone counseling, emotional support, information and assistance.

866-202-HELP (4357)
7 days per week, 8am - 8pm