

U and Universal

Here are some mental health tips from the CDC to use during the Coronavirus Crisis:

- Take a media break: don't immerse yourself in news about the virus 24/7. Take a break from the news and social media. Stay up to date using trusted sources, like the CDC website. Watch local news to keep up with closures and updates.
- Practice good self-care: get enough sleep, a lack of sleep can compromise your immune system.
- Go for a walk: exercising helps the immune system and is soothing for the mind and body.
- Acknowledge your anxiety: have a trusted friend or mental health professional that you can talk to about your feelings.
- Find a coping strategy: these activities can include anything that makes you happy, such as reading, listening to music, or playing an instrument
- Try to keep a routine: eat and sleep at regular times. It is especially important to keep a routine for children
- Hand washing: the CDC is still reminding everyone to wash your hands frequently

There is a pre-recorded coronavirus hotline that has updated information on how the virus is spread, what the symptoms are, and how to protect yourself. The number is; 1-888-581-5029.

Did you know?

2-1-1 stands ready as a resource during the coronavirus crisis. If you are in need of food, or any other resources, you can dial 211 any time for help. Operators are available 24 hours a day, 7 days a week.

Terry Bedford
Assistant State Training Director
www.umhs.net