

MENTAL HEALTH

We are here to talk about how to stay mentally healthy during this epidemic.

Before We start, I want to remind you that you should wash your hands frequently, use hand sanitizer, don't touch your eyes, nose, or mouth, practice social distancing by keeping a minimum of six feet between yourself and others in order to protect yourself, your family, and your community from COVID-19.

Times of Crisis: We are dealing with the COVID-19 Outbreak. It is a tragedy that affects almost every country in the world. It changes the way we live. If you are feeling overwhelmed, stressed or depressed, you are not alone. It is Okay to feel stressed, depressed, disappointed, and anxious, during a crisis like this. But the good news is that you can control how you react to feelings caused by a crisis.

Stress, Anxiety, and Sadness: stress is our body's response to pressures from a situation or life event. When you are stressed you may experience many different feelings, including anxiety, fear, anger, sadness, or frustration. These feelings can sometimes feed on each other and produce physical symptoms, making you feel even worse. For some people, stressful life events can contribute to symptoms of depression.

Staying strong and positive during a crisis is key to getting through tough times. Here's how to stay mentally strong during a crisis:

- **Get the stress out:** Meditate, Practice deep breath, Sing, dance, laugh, run, do push ups and burn off energy.
- **Take care of your body:** A healthy mind is in a healthy body. Get 7 to 9 hours of sleep, eat healthy food, stay hydrated and exercise

MENTAL HEALTH

regularly. Go easy on the caffeine. Stop smoking and drinking alcohol.

- **Don't be silent:** Call your friend and family members and talk. Share your feelings with the people you trust.
- **DO NOT WATCH TOO MUCH NEWS**

If these steps don't bring relief, or if you are still unable to cope and feel as if the stress is affecting how you function every day, it could be something more acute and chronic--like depression. **Don't let it go unchecked!**

Depression is a common mental health problem that causes people to experience low mood; loss of interest or pleasure; tiredness and loss of energy; sadness that doesn't go away; feeling anxious all the time; loss of appetite; sleeping problems and very strong feelings of guilt or worthlessness.

If you think you might be depressed, See a doctor!

Protect yourself, your family, and your community from COVID-19 and wash your hands frequently, use hand sanitizer, don't touch your eyes, nose, or mouth, practice social distancing by keeping a minimum of six feet between yourself and others.

NEWS: Getting too much news is not healthy. Moreover, some people may tend to spread inaccurate information during crises. It is very important to pay more attention where you are getting your information from. You should get information only from reliable sources. Always, remember that **EVERYTHING ON THE INTERNET IS NOT TRUE**. Where are you getting from your information? A YouTube account that anyone can put on anything? Or reliable and registered media news that is trusted.

MENTAL HEALTH

We will offer Covid-19 updates and information on prevention and treatment. If you want to receive these messages, text YES to 612 474-2290 Please also share the number with others who are interested in staying up to date and informed.