**National Alliance on Mental Health- Covid-19 Stress Advice**

<https://www.nami.org/Blogs/NAMI-Blog/March-2020/Coronavirus-Mental-Health-Coping-Strategies>

**Mental Health Implications:**

**Anxiety**

Key worries related to the coronavirus pandemic:

* You or someone in your family will get sick
* Your investments (retirement or college savings) will be negatively impacted
* You will lose income due to a workplace closure or reduced hours
* You will not be able to afford testing or treatment if you need it
* You will put yourself at risk of exposure to the virus because you can’t afford to stay home and miss work

**Loneliness**

Social distancing is critical to slowing the spread of the coronavirus. However, it may cause loneliness. There are adverse mental health and physical impacts of loneliness.

**What to do?**

**Be mindful of news consumption**

* Limit your sources
* Practice acceptance
* Limit consumption
* Distinguish between global and local
* Ask someone for help

**Take care of yourself**

* Keep your health a priority (sleep, physical exercise, and healthy diet)
* Find ways to address stress (journaling, going for walks, or calling a loved one)
* Maintain a sense of normality and routine
* Take time to declutter or organize your room or rooms in your house
* Practice mindfulness
* Finding a new hobby or reconnect with an old one

**Find things to do/distractions**

* Household chores
* Free online university courses or free webinars
* Movies
* TV shows
* Virtual parishes

**Help others**

Mutual aid communities are developing across the United States

* Local efforts to build networks that can respond at the neighborhood or community level
* Build networks to serve more at-risk groups

