



MENTAL HEALTH TIPS

Self-Care

- Take enough time for your "SELFIE" everyday
- Prioritize relaxation as a coping skill
- Make space for uncomfortable emotions (emotions are temporary)
- Practice Self-Compassion: Be kind to yourself. You are enough.
- Talk to yourself the way you would talk to a friend
- Ask yourself, "What is good for me? What do I need?"
- Practice mindfulness and gratitude: focus on the breath
- Create routines and rituals: daily, monthly, annually, special dates, holidays
- Plan your week: have something to look forward to
- Honor healthy boundaries (okay to say no, also may make room to say yes)

Community Care

- Take care of people together
- No person is an island
- Physical distance vs. social distance
- Be mindful of daily touch points/check-ins
- Smile & greet others
- Look for ways to help or serve someone else
- Make time & space to really listen to others
- Talk to someone you trust
- If someone you know is struggling, offer support and recommend resources

Collective Grief

- Be aware we are all grieving the loss of our "normal" life
- Grief has a different timeline for everyone
- Grief may involve stages: denial, anger, bargaining, & depression... before reaching acceptance
- Be aware everyone is coping in their own way
- We, and others, may act out of the ordinary
- Be patient with ourselves & others

