

HOW CAN WE HAVE BETTER MENTAL HEALTH DURING COVID-19?

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The Problem

ANXIETY AND DEPRESSION
BURNOUT
WORSENING MENTAL HEALTH
SYMPTOMS
SUICIDAL THOUGHTS
STRESS AND WORRY
LONELINESS



Many people feel isolated and restrained during COVID-19. As the weather turns colder and the hours of sunlight decrease, it is also natural for feelings of anxiety, depression, and other emotional concerns to increase.

What Can I Do?

1. Prioritize your physical and mental health.

A 10-minute walk, mindful meditation, and yoga can do wonders for improving your emotional health and feelings of fatigue. Participate in regular exercise, eat well, and get enough sleep.



3. Engage in safe social activities.

We need each other. There are social things that we can still do in safe ways. Just remember to wear a mask, stay 6-feet apart, wash your hands, and ask your contacts to do the same. Go on a walk or meet with friends at a park, or look for well-ventilated indoor spaces where you can physically distance and wear your masks.



2. Be aware of others around you.

Check in with your friends, neighbors and loved ones frequently and genuinely ask how they're doing.

If you're worried about your loved one's wellbeing, there are many mental health resources available such as NAMI (National Alliance on Mental Illness: <https://www.nami.org/>) and the National Suicide Prevention Lifeline (800-273-8255). If you're worried that your loved one may be at immediate risk for hurting themselves, call 911.



4. Seek professional assistance when needed.

We all need help from time to time. If you or a loved one are in need of guidance regarding your mental health and well-being, find a professional by asking your doctor, using online resources such as [findatherapist.com](https://www.findatherapist.com) or asking trusted friends and family for a referral.

