

# COVID 19

## MENTAL HEALTH REMINDERS

### GET DRESSED

Even if it's just into comfort clothes, this will help you feel more productive and less in a rut.

### DO YOUR HAIR/MAKEUP

Even if you're not going anywhere this can help make you feel "normal" in a very chaotic time. People also feel relaxed when doing hair or makeup & you deserve that.

### EAT NEW HEALTHY RECIPES

If you can, eat a variety of food and try different recipes. This will give your day variety and keep your body feeling healthy.

### GET SOME FRESH AIR

Fresh air will help you not feel so cooped up or "stuck" in your home. Getting outside would be best, but standing at a window will be beneficial.

### BE CREATIVE

Try doing new activities or bring back old ones. Getting creative is a great way to keep you spirits up and your mind relaxed.

### UNPLUG

Everyone everywhere is talking about the virus. Turn off your devices and get some well deserved time away.

### STAY CONNECTED

Even though we can't go visiting, make sure you stay connected. A good way is video chatting or even just a phone call. This will help you and the people you are talking to feel less isolated.

### REACH OUT

Mental health is always important, but it is especially important during times like this. Reach out if you need to remember to check-in with your friends & family. We are all in this together!