



YOUR MENTAL HEALTH & COVID-19

Your mental health is always important, but especially during these COVID-19 times. Make sure you are following these guidelines to take care of yourself and remember you are not alone in this situation!

Know what to do if you are sick or concerned about COVID-19. Create a plan to get tested and seek treatment if needed.

Talk to people you trust with your concerns. Reach out to friends and family.

Maintain a healthy lifestyle while staying home. Focus on a proper diet, sleep, exercise, and social contacts.

Take breaks from reading, listening, or watching news stories and social media related to COVID-19.

Take time to unwind and do things you enjoy! Spend time outside when possible.

Explore new ways to connect with loved ones, organizations, etc. by going virtual!



UnityPoint Health
Visiting Nurse Association