

Supporting Mental Well-being During COVID-19

Tips to Reduce COVID-19 Anxiety

It's normal to be experiencing increased stress and anxiety right now. It is important to be gentle with yourself and others, and to take steps to support both your own and your family's mental well-being. Consider these tips to support your mental well-being during the COVID-19 response.

Staying Connected

Tips to remain connected while practicing social distancing or in quarantine:

- Use technology to stay in touch if available, especially video contact. Seeing someone's facial expressions can help increase connection.
- Check in with your friends, family, and neighbors regularly, using texts, phone calls, emails and other virtual tools.
- Wherever you can, help people in your life who may be more vulnerable (e.g. those with no access to the internet or need help grocery shopping)
- Connect with the people in your household. Use this time to improve your existing relationships!
- Manage your stress. Create a daily self-care routine. Exercise, meditate, and keep to a daily routine as much as possible. For more information on how to be active, visit [Staying Active During the COVID-19 Pandemic](#)
- Show kindness to others in your community. This is very stressful for many people, especially those who are vulnerable and families who may be struggling already with poverty or other family stressors. It is also very stressful for health care workers and their families. Helping others increases your sense of purpose and value, improving your

own well-being. It's not just family and friends who require support, but others in your community.