5 Tips for Managing Your Mental Health
During the COVID-19 Pandemic

Although the COVID-19 pandemic presents an obvious threat to people's physical health, it is equally important to manage your mental health during these strange times.

1. **Find ways to socialize**, even if it is a phone call or stepping outside to see a neighbor (from a distance). Call people you know who are missing out on a celebration — like a birthday or anniversary. Those folks might appreciate knowing that someone is thinking of them.

2. **Exercise**. Physical activity is still important. Find exercises you can complete at home or get outside and take a walk.

3. **Stay positive for the kids**. It's important to remember that children also have had their routines uprooted. The best way to guide children through this new reality is to be straightforward and positive. Kids take their emotional cues from their parents. If you act like this is something you can handle, then they are going to feel it's something they can handle, too.

4. **Pick a hobby**. This is a perfect time to pick up a new hobby or renew an old one, like gardening, knitting or reading, rather than constantly refreshing twitter for the latest news on the virus. The goal is to reach a state of "flow," where you are fully absorbed in an activity and lose track of time.

5. **Don't neglect your spirituality**. During these uncertain times, it's important for people to stay connected with their spirituality. This could mean religion for some, or simply a recognition that we are part of something bigger than ourselves. Participating in online church services or just going outside to appreciate nature could be ways to maintain one's spirituality during the isolation period.