

YOUR MENTAL HEALTH & COVID-19

It is natural to feel stress, anxiety, grief, and worry during COVID-19. Taking care of your mental wellness will help you think clearly and react to the urgent needs to protect yourself and your family. Explore some common feelings, physical reactions and tips on taking care of your physical and mental health.

COMMON FEELINGS YOU MAY BE EXPERIENCING

- Numbness
- Stress
- Anxiety
- Fear
- Hopelessness
- Sadness
- Anger
- Worry
- Detachment
- Apathy

PHYSICAL REACTIONS YOU MAY BE EXPERIENCING

- Short Temper
- Difficulty concentrating
- Difficulty sleeping/nightmares
- Physical Pain (headaches, body pain)
- Change in Appetite or Energy Levels
- Worsening of chronic health problems
- Increased use of substances

TIPS TO TAKING CARE OF YOUR PHYSICAL & MENTAL HEALTH

- Eat healthy, well-balanced meals
- Exercise regularly
- Get plenty of sleep
- Connect with others virtually
- Take breaks
- Stay informed/Check Media Sources
- Avoid too much exposure to the news
- Seek help when needed

HOTLINE RESOURCES

National Suicide Prevention Hotline

1-(800) 273-8255 or Dial 911

LA DMH Hotline

1-(800) 854-7771 or text LA to 741741

SAMHSA Hotline

1-(800) 985-5990 or text TalkWithUs to 66746, people with deafness or hearing loss can use their preferred relay service to call 1-(800) 985-5990



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