



Caring for yourself in the time of COVID-19



*A presentation from the Mental Health
Association of Essex and Morris (MHAEM)*

Some tips from the Center for Disease Control

Take care of yourself and your community

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

Ways to cope with stress

- **Take breaks from watching, reading, or listening to news stories**, including social media. Hearing about the pandemic repeatedly can be upsetting.
- **Take care of your body.**
 - Take deep breaths, stretch, or [meditate](#)  .
 - [Try to eat healthy, well-balanced meals.](#)
 - [Exercise regularly, get plenty of sleep.](#)
 - Avoid [alcohol](#) and [drugs](#)  .
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling.

What to expect and coping skills- from these national mental health organizations:

The logo for the National Institute of Mental Health (NIMH) features the acronym "NIMH" in a bold, blue, serif font. A small yellow dot is positioned to the right of the letter "H".

NIMH

National Institute
of Mental Health

The logo for the National Alliance on Mental Illness (NAMI) consists of a yellow circular icon with three curved lines inside, followed by the acronym "NAMI" in a bold, blue, sans-serif font. Below the acronym, the full name "National Alliance on Mental Illness" is written in a smaller, blue, sans-serif font.

NAMI
National Alliance on Mental Illness

Some possible
effects of a
pandemic on your
mental health...

Anxiety

Loneliness

Obsessions

Traumatic
Stress



...and what you can do to combat them

1

Ask for help!

2

Practice radical acceptance

3

If you're receiving treatment for mental health issues, continue it!

4

Reach out to others! We all need to be checked in on.



Advice from us at MHAEM



Take a break from the news



Create small goals for yourself



Take it day by day



Be patient with yourself. This isn't the time to beat yourself up about how you're feeling.



Use this downtime to your advantage. Find a new hobby or skill!



Feel free to reach out!

<https://www.mhaessexmorris.org>

For Essex County:

(973) 509-9777

For Morris County:

(973) 334-3496

Give MHAEM a
call or visit our
website!!

NJ Mental Health Cares

If you're concerned about your mental health or the mental health of someone you love, **NJ Mental Health Cares** can help.

The **free helpline** offers telephone counseling, emotional support, information and assistance.

866-202-HELP (4357)

7 days per week, 8am - 8pm

New  *Jersey*
MentalHealthCares
New Jersey's Behavioral Health and Referral Service

