

10 TIPS FOR STAYING MENTALLY STRONG DURING COVID-19



With Covid-19, the US and the world are experiencing an unprecedented pandemic that is challenging our public health, economic and emotional resources. The mounting deaths and confirmed cases, are further contributing to each and everyone's personal stress and coping abilities. Below are a few tips and behavioral strategies to help you stay mentally strong during Covid-19.

1. Stick to a daily routine: Don't allow yourself to fall out of a routine. It is easy to let your regular routine go by the wayside with not having to go into work, school or pick up/drop off children for daycare or school. Consider planning out various activities, hobbies and interests to integrate into each day.

2. Eat healthy: Be sure to regularly eat healthy meals each day. Consider meal prepping to cut down on time spent in the kitchen. Don't forget to stay hydrated and avoid bingeing on unhealthy snacks, sodas or increasing your alcohol consumption.

3. Get up and get moving! Don't let that you are stuck at home keep you from engaging in physical activity. Plan out what you can do at home including stretching, climbing your stairs, pushups, sit ups, jumping rope, squats, and lunges or even dancing.

4. Maintain a regular sleep schedule: Keep an eye on your sleep behavior. Make sure that you don't start sleeping excessively out of boredom. Set a regular wake up and bedtime schedule to minimize developing sleep difficulties.

5. Don't ghost your support system! Make sure to stay connected to your family, friends, or spirituals supports. Reach out with a brief phone call, quick text or email. These are all great ways to check in, maintain strong bonds and get/give support.

6. Schedule some alone time: With jobs and school being temporarily closed it is easy to not find any alone time. Be sure to try and carve out even 30 minutes a day to allow yourself to rejuvenate.

7. Get some air! Even if you can't leave your house regularly, take advantage of your patio or balcony by sitting outside for at least 15 minutes. Sunlight provides much needed Vitamin D but the outdoors also allows for a brief change of scenery.

9. Stay positive and avoid social media overload! Don't bombard yourself with reading too many negative postings or news articles. Try to engage in balanced thinking by not focusing on the worst case scenarios or outcomes.

8. Don't forget to take your medications: If your doctor has you on medications be sure to take them as prescribed. With the change in your routine it might be harder to stay on track. Consider laying out your medication in a day/time pill box, marking times on your daily calendar or using reminder alarms to help stay on schedule.

10. Take a self-check! Step back and see how you are doing. Don't be afraid to get help if you are feeling stressed or overwhelmed. Asking for help is not a weakness. Remember resources are available!

RESOURCES

- ★ National Suicide Prevention Lifeline: 800-273-TALK (8255)
- ★ The Crisis Text Line: Text TALK to 741741
- ★ NAMI Helpline: 1-800-950-NAMI (1-800-950-6264)
- ★ National Parental Helpline: 1-855-4A Parent (1-855-427-2736)
- ★ Veterans Crisis Line (VA): Call 800-273-8255 or text 838255
- ★ Military OneSource: Call 800-342-9647 or 703-253-7599
- ★ DoD/VA Suicide Outreach: www.suicideoutreach.org

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