



Taking care

OF YOUR MENTAL HEALTH DURING COVID

KEEPING YOUR MENTAL HEALTH IN BALANCE DURING ISOLATION OR SELF-QUARANTINE IS JUST AS IMPORTANT AS TAKING CARE OF YOUR PHYSICAL HEALTH. TAKE A LOOK AT THE INFORMATION AND TIPS BELOW TO HELP YOU TAKE POSITIVE STEPS TO MAINTAIN YOUR MENTAL WELL-BEING.

FEELINGS SURROUNDING COVID

- Boredom
- Loneliness
- Anxiety
- Fear
- Worry
- Guilt
- Anger
- Skepticism
- Hypervigilance
- Shame
- Stress

CONCERNS SURROUNDING COVID

- Passing the virus on to others
- Adjusting to a new reality
- Concern about health and well-being
- Financial stress
- Finishing school/classes
- Not being able to connect
- Shortage of supplies
- Missing out

STEPS TO TAKE WHILE IN RECOVERY

- Make sure you have what you need and don't be afraid to ask for help
- Only get information from trusted sources and news outlets
- Set up virtual meetings with friends to catch up, have dinner or play games
- Reframe your thinking to be positive vs negative (i.e. I'm helping keep people safe by isolating vs. I hate that I'm alone)
- Be compassionate towards yourself
- Challenge your negative thoughts
- Practice gratitude
- Set a new daily schedule for yourself
- Set boundaries with your phone/social media
- Get ahead on your academic year

ADDITIONAL RESOURCES

ADRIAN COLLEGE COUNSELING OFFICE: 517-265-5161 ext. 4051
NATIONAL SUICIDE PREVENTION LIFELINE: 1-800-273-TALK (8255)
CRISIS TEXT LINE: text TALK to 741741