



Mental Health Resources

Many of us will need additional resources to support our mental health and well-being because of the changes in daily life, social connectedness, and work. Exercising and staying active at home can support mental well-being. Below are resources for remaining active at home along with other mental health supports.



Resources include:

- FACECOVID
- Staying Active
- Coping Strategies
- Crisis Supports
- Websites for Mental Health Resources

FACE COVID



Focus on what you can control

Say to yourself "I can control what I am doing here and now."



Acknowledge your thoughts and feelings

Silently and kindly acknowledge any thoughts and feelings



Come back into your body

Slowly stretch your arms or neck, shrug your shoulders
Take slow, deep breaths



Engage in what you are doing

Notice 5 things you can see, 3 things you can hear, 1 thing you can smell, and what you are doing

Repeat the above 2 to 3 times



Commit to action

What can you do this week to help yourself? Or others?
Write it down in your schedule.



Open up

Acknowledge that your feelings are normal and that it is okay to feel what you are feeling



Values

How do you want to treat yourself? Others? Values include love, humor, kindness, honesty...



Identify resources

Identify 'Who' and 'Where' to get help, assistance, and support



Disinfect and distance

Wash your hands and practice social distancing

Adapted from Rush Harris, 'The Happiness Trap' and 'I'm Learning ACT'

Staying Active

Even though movement and travel are restricted during this time, regular physical movement and activity is still important for physical and mental health.



Benefits:

- Regular activity helps the body stay healthy. It can reduce blood pressure, manage weight, and reduce the risk of various diseases. It can also improve strength, balance, flexibility, and overall fitness.
- Physical activity helps improve mental health by reducing the risk of depression and cognitive decline and improving overall feelings of well-being.
- By scheduling regular activity, you can help bring routine to your day.

How Much? Move more, sit less:

- If you sit for long periods of time, take a 3-5-minute movement break.
- If you are not used to physical activity, start small and gradually increase your activity over time.
- Healthy adults should aim for at least 150 minutes of physical activity throughout the week. That could equal 30 minutes, 5 days a week.



Stay Safe:

- If you have a fever, cough or difficulty breathing, DO NOT Exercise. Call your doctor.
- When walking, running, or biking, stay at least 6 feet from others, and wash or sanitize hands before and after.
- If you do not exercise regularly, start slowly with low intensity activities. Short walks are a good way to start.
- Choose the best activity for you! Pick an activity that you enjoy and that fits your current fitness level.

Stay Active at Home:

- If you sit for long periods of time, take a 3-5-minute break every 20-30 minutes.
- Make time in your daily schedule to be physically active. Setting a routine will help you stay active every day.
- Record your activity on a weekly chart so you can see your progress.
- Look for online classes for yoga, aerobics, dancing, and other activities you can do at home.
- Set goals or commit to a plan with a family member or virtually with a friend. Encourage each other to stay active every day.



Adapted from the World Health Organization: <https://www.who.int/news-room/q-a-detail/be-active-during-covid-19>

Coping Strategies

During this time of uncertainty and change, it is important to make time every day to engage in activities that help with coping and relaxation. This can look different for everyone. Use the suggestions below to choose activities that help you relax and cope with stressful situations. There are links below to provide some examples of available resources.



Remember to plan for an end time for these activities. It is important to vary the activities you do throughout the day and not to spend too much time doing just one activity.



Stay Active

Physical activity can help the mind and the body stay calm

- Walk or run
- Ride a bike
- At home exercise routines ([Planet Fitness](#), [Body Project](#))

Slow Down

Meditation, breathing and gentle activity can help with relaxation

- Meditate ([Headspace](#), [Calm](#), [HelloMind](#))
- Deep breathing and mindfulness exercises ([Pocket Mindfulness](#))
- Yoga (videos available on YouTube, [Yoga Anytime](#), [Yoga with Adriene](#))
- [Self-massage](#)



Have Fun

Make time to do activities that you enjoy

- Read
- Play games or do puzzles
- Watch TV or movies
- Listen to or play music
- Art

Connect with others

- Video or phone calls
- Play virtual games (apps like [House Party](#), [Uno! Online](#), [virtual jigsaw puzzles](#))
- Write a letter or email



Crisis Supports

Lifeline Crisis Chat

Provides emotional support, crisis intervention, and suicide prevention services

Crisis Text Line

Text HOME to 741741

National Suicide Prevention Lifeline

1-800-273-8255

IMALIVE

Crisis intervention, and suicide prevention services

American Association of Poison Control Centers

1-800-222-1222

National Alliance on Mental Illness HelpLine

Text NAMI to 741741

Warmlines

Not in a crisis but just want someone to talk to.

Websites About Mental Health

Resource	Description	Access
Autism Society of America Toolkit	Online toolkit for COVID-19 developed by Autism Society	Mental Health and Respite: https://www.autism-society.org/COVID-mental-health-respite/
Autism Society of Minnesota Guide to Managing the Quarantine and Self-Distancing	Online guide that can be downloaded and printed with information on managing mental health	https://ausm.org/images/docs/PandemicGuideforASDAdults2020.pdf
Finding Local Mental Health Resources During the COVID-19 Crisis	Locating local mental resources from American Psychological Association (APA)	https://www.apa.org/topics/COVID-19/local-mental-health
Grief and COVID-19 Crisis: Mourning Our Bygone Lives	How to cope with life changes resulting from COVID-19 from American Psychological Association (APA)	https://www.apa.org/news/apa/2020/04/grief-COVID-19
Keeping Your Distance to Stay Safe	Social distancing from American Psychological Association (APA)	https://www.apa.org/practice/programs/dmhi/research-information/social-distancing
Seven Crucial Research Findings that can Help People Deal with COVID-19	Tips and strategies for anxiety from American Psychological Association (APA)	https://www.apa.org/news/apa/2020/03/COVID-19-research-findings
TEACCH Tips	Tips and strategies for relaxation and being flexible with routines from TEACCH	Relaxation Strategies: https://teacch.com/resources/teacch-tips/teacch-tip2-relaxation-strategies-routines/ Flexible Routines: https://teacch.com/resources/teacch-tips/7flexibleroutine/