Mental health includes our emotional, psychological, and social well-being\(^1\).

Anxiety, stress, and fear related to the COVID-19 outbreak can be overwhelming. Isolation and social distancing measures can accentuate these symptoms and make coping with stress more challenging.

Potential mental health conditions related to the COVID-19 outbreak include *anxiety*\(^3\), *depression*\(^3\), *PTSD*\(^4\), and *substance use disorders*\(^2\). Those with pre-existing mental health conditions may experience worsening of symptoms\(^2\).

### Some tips to improve mental health during times of distress:

- Try to get enough sleep\(^3\).
- Keep to a regular routine\(^3\).
- Engage in regular physical activity and meditation\(^2\).
- Stay in contact with friends and loved ones\(^2\).
- Keep a positive mindset and be supportive to others\(^3\).
- Have a healthy and nutritious diet\(^3\).
- Avoid tobacco, alcohol, and drugs\(^3\).
- Limit exposure to news and social media. Get news from trustworthy sources\(^2,3\).
- Call your primary care provider or mental health care provider in case you require professional help\(^3\).
- Explore resources from institutions and organizations such as Pawnee Mental Health Services\(^6\) (Manhattan, Kansas), National Alliance on Mental Illness (NAMI)\(^3\), or the Substance Abuse and Mental Health Services Administration (SAMHSA)\(^3\).

### References and Resources

1. [https://www.mentalhealth.gov/basics/what-is-mental-health](https://www.mentalhealth.gov/basics/what-is-mental-health)
5. [https://www.pawnee.org/](https://www.pawnee.org/)

### Image Sources

- [https://www.pngfuel.com/free-png/aauoj](https://www.pngfuel.com/free-png/aauoj)