



Taking Care: Tips to Maintain Your Physical and Mental Health

During times of stress, maintaining our mental and physical health can be more challenging and more needed than ever. This tip sheet was made with that in mind. The resources provided can help you feel more balanced and supported. You don't need to go it alone!

What You May Feel:

There is no one way to feel when confronted with stressful situations like social distancing and isolation. Some people may feel anxious about their health or the safety of their loved ones. Others may feel uncertain about what will happen and uncertain about how they feel. Feelings of loneliness, sadness, anger, boredom, or physical changes like decreased

appetite or poor sleep are all normal stress reactions. If these feelings or reactions become overwhelming and difficult to manage, you may want to talk to someone about it. Look at the resource list below for more information.

What You Can Do:

- 1 *Take care of yourself. You are more than just your body. Focus on caring for mind, body, and soul.*
- Eat regular meals and protect your sleep. Drink plenty of water to stay hydrated. Get up and move around. Simple stretches (even housecleaning) can offer enough physical

Continued, over →

Helpful Resources and Hotlines

SAMHSA's Disaster Distress Helpline

Toll-Free: 1-800-985-5990
(English and Spanish)
TTY: 1-800-846-8517

SAMHSA's National Helpline

Toll-Free: 1-800-662-HELP (24/7/365)
Treatment Referral Information Service in
English and Spanish)
TTY: 1-800-487-4889

National Suicide Prevention Lifeline

Toll-Free (English): 1-800-273-TALK (8255)
Toll-Free (Spanish): 1-888-628-9454
TTY: 1-800-799-4TTY (4889)

Jewish Family & Children's Service (JF&CS) – CJP SeniorDirect

A free information and referral service
staffed by eldercare professionals
Toll-Free: 1-800-980-1982

Taking Care: Tips to Maintain Your Physical and Mental Health, *continued*

movement to keep your circulation going and your brain firing in healthy ways.

- If reasonable, go outside and take a short walk and get some sunshine. Notice the changes of spring and appreciate the buds and flowers that you see. The next time you go out, look in the same areas and notice anything new.
- If there is a hobby you used to do or want to try, see if you can find a way to do it. Maybe try your hand at writing your memoir or sketching a bowl of fruit. Simply singing and dancing in your kitchen can lift your mood and give you needed exercise.

2 *Stay connected. During this time, you should remain physically distant from others but socially connected. Reaching out to people you know and trust can reduce stress and improve your physical health, even your immunity.*

- Call a friend or acquaintance at least once a day. Social media and email are great, too, if you have access. A family member or friend may get you connected “face to face” through Skype or FaceTime with their help.
- Call for support. Many local agencies can connect you to someone who can help over the telephone.

- Listen to a radio show or watch broadcasts of community events. Many local religious and community groups have gone “live” on TV or online.

3 *Practice mindfulness and relaxation.*

- Relax your body and mind often by doing things that you find meaningful and helpful – take deep breaths and let your exhale be longer than your inhale, meditate or pray, or simply do something you enjoy.
- Balance your thinking – keep a journal to record your experiences, notice if you are thinking anxious thoughts, and balance those thoughts with ones you find more helpful. Make meaning out of your experience by helping another.
- Stay in the here and now – practice mindfulness by taking time to look out the window and notice all that you see and hear. Practice really feeling the water as you wash your hands. Focus on your breath and the feel of the cool air on the tip of your nose and in your lungs.