

9 MENTAL HEALTH TIPS FOR THE QUARANTINE

MENTAL HEALTH AND WELLNESS TIPS FOR THE COVID-19 QUARANTINE

9. REMIND YOURSELF THIS IS TEMPORARY

This is very scary and difficult time. Remind yourself it is a season of life and it will pass. We will return to feeling free, safe, busy, and connected in the days ahead. There will be good that comes from this. Take time to write them down.

1. STICK TO A ROUTINE

Sleep and wake at a reasonable time. Follow a schedule that includes time for work as well as self-care. Use the planner provided to schedule and plan your days.

8. FIND A LONG-TERM PROJECT

Now is the time to learn how to play the keyboard, put together a huge jigsaw puzzle, paint, read a book series, crochet a blanket, watch an 8-season show, solve a Rubix cube, or catch up on CE! Find something that allows breaks from what is going on in the world.

7. HELP OTHERS

Find ways, big and small, to give back to others. Support restaurants, offer to grocery shop, and check in with elderly neighbors. Share your professional knowledge with friends and family. They need credible advice.

6. LIMIT SOCIAL MEDIA

One can find tons of information on COVID-19 to consume, and it changes minute to minute. The information is often sensationalized, negatively skewed, and alarmist. Find a few trusted sources to follow - check out CEImpact and Thrive Subscribe!

5. RESPOND GENTLY

We are all struggling with disruption. Expect increased anxiety, worries and fears from children, spouses, coworkers, and patients.

2. GET DRESSED

Dress for the social life you want, not the social life you have. If you're sheltering at home, get showered and dressed in comfortable clothes, wash your face, brush your teeth. It is amazing how our dress can impact our mood.

3. GET FRESH AIR

Get out at least once a day, for at least thirty minutes. If you are high risk or living with those who are high risk - open the windows.

4. STAY HYDRATED + EAT WELL

Stress and eating often don't mix well, and we find ourselves over-indulging or forgetting to eat, especially if you're working in a busy pharmacy. Drink plenty of water, pack a nutritious meal the night before to take with and challenge yourself to learn how to cook something new!

