



## MENTAL HEALTH AND COPING DURING COVID-19

April 6, 2020 – It seems that today we are living in a world of unknowns. The outbreak of COVID-19 has filled people with stress, worry, fear, anger, confusion, sadness and anxiety. All these feelings are normal during a crisis; however, it doesn't mean you have to feel out of control.

Correctly coping with these emotions will ultimately make you, the people you care about and your community stronger. Taking care of yourself, your friends and your family can help you cope with stress which is what District Health Department #10 is hoping people will do.

Follow these simple ways to cope with stress:

- Take breaks from watching, reading or listening to news stories including on social media
  - Hearing grim news about the pandemic repeatedly can be upsetting
- Take care of your body
  - Try to eat healthy, well-balanced meals, three times a day
  - Exercise regularly
  - Take deep breaths, stretch or meditate
  - Get plenty of sleep
  - Avoid alcohol and drugs
- Make time to unwind
  - Participate in the activities you enjoy
  - Get outside and enjoy the sunshine, just remember to remain 6 feet apart from anyone you may see
- Connect with others
  - Talk with people you trust about how you are doing and feeling
  - Reach out and check in on your loved ones and community members
  - Social distancing is not social isolation, think of it as physical distancing instead

For more information about Mental Health and Coping visit the [Centers for Disease Control and Prevention \(CDC\)](https://www.cdc.gov) and the [World Health Organization \(WHO\)](https://www.who.int).

### About DHD #10

District Health Department #10 (DHD #10) is Michigan's largest geographical health department, mandated to promote and protect the public from unsafe and hazardous conditions and provide methods of promoting good health and disease prevention. Some of the vital programs provided by DHD #10 include Immunizations, Infectious Disease Control, STI Testing and Counseling, WIC, Maternal Infant Health Program, Healthy Families of Northern Michigan, Children's Special Health Services, Hearing and Vision Screening, Family Planning, Cancer Screening, Worksite Wellness, Smoking Cessation, Substance Use Prevention, Chronic Disease Prevention, and Environmental Health Services. DHD #10 serves Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, and Wexford counties. For more information, visit [www.dhd10.org](http://www.dhd10.org).

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#### COUNTIES SERVED:

Crawford  
Kalkaska  
Lake  
Manistee  
Mason  
Mecosta  
Missaukee  
Newaygo  
Oceana  
Wexford



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