

# THINKING ABOUT CORONAVIRUS?

## Take Care of Your Mental Health

These are uncertain times. That's why we're here to help you manage your mental health. We want you to know that whatever you're going through, whether it's missing time with friends or feeling anxious about the news, you're not alone.

### Take action on what you can control and accept what you can't.

Doubt, anxiety, and a lack of routine may be defining your "new normal" right now. But you have more power than you know. Focus on what you **can** control, like **following the recommended guidelines** from the Centers for Disease Control and Prevention (CDC) on personal hygiene (**frequent handwashing for 20 seconds**) and practicing social distancing (**standing at least six feet apart from others**). This is the part you **do** have control over, and it will likely reduce your risk.

### Reduce screen time to avoid information overload.

Getting the latest news updates can be helpful, but watching TV and following social media all day long isn't always productive or healthy. **Notice how your body responds when exposed to your phone, tablet, or TV screen for an extended period of time.** Does your heart rate increase? Does your breathing pattern change?

### If so, take measured steps to address it:

- Turn off your TV for a few hours each day.
- Reduce or turn off social media notifications.
- Identify just one or a few trusted resources to keep informed.
- Trade the news for a favorite TV show. But be sure to also take time to get away completely **and give your mind a break.**

## Keep in touch without touching.

**Do you have lunch regularly with your coworkers, but are now working from home?** Use video chat programs like Zoom or Teams to keep your lunch date. Set a time to call your friend to catch up while you both eat dinner. **It is critical to keep social distancing**, but you can still keep in touch with family, friends, and coworkers.

## Your Mental Health Action Plan

**Maybe you're working from home for the first time or balancing work with having children at home.** Life may feel more unpredictable than ever. Don't worry—you can adopt these habits anytime, no matter what's going on in the world.

- **Maintain a sense of routine.** Have a regularly scheduled gym time? You can still use that time to get moving. Check online to see if your favorite gym or yoga studio is offering online classes. **Or make the most of a spring day with a walk or jog, being mindful of social distancing.**
- **Get back to basics.** Remember to keep a balanced diet—**this could be the time to pick up that cookbook you've been meaning to try.** Surround yourself with what makes you happy, whether it's snuggles from a pet or a favorite song.
- **Try a new hobby.** This could be a great opportunity to try something new, like an online class or a new recipe.
- **Make your home a sanctuary.** Want to give your space a fresh look with a DIY home improvement project? Now could be the time to make it happen. For more ideas on how to make your home a haven during these uncertain times, visit [emblemhealth.com/live-well](https://emblemhealth.com/live-well).
- **Lend a hand.** Have an elderly friend or neighbor who could use some help? Offer to order groceries for them online, delivered right to their doorstep.
- **(Remote) Volunteer for a cause.** Keep up with your favorite charity organizations by thinking of **ways to remote volunteer.** For example, you can use your professional skills in areas like tech or design to help with marketing or social media. **You can also join a cause**, like sewing masks for health care workers to use on the front lines. Contact [coronavirus.health.ny.gov](https://coronavirus.health.ny.gov) to learn more.



**Remember:** If your stress feels overwhelming or unmanageable, **get help now.** Call **888-447-2526** (Montefiore members **800-401-4822**) for confidential, 24/7 support. You can also visit [emblemhealth.com/live-well](https://emblemhealth.com/live-well).