



## **COVID-19 Mental Health Survival Tips**

- 1. Be easy on yourself:** Remember something like this has never happened in our lifetime so there isn't a right or wrong way to feel or react. Try to avoid judging yourself or comparing yourself to others. We are all being affected in different ways and we are all doing our best. Practice radical self-acceptance.
- 2. If you have a history of mental health problems and are struggling, don't hesitate to contact your counselor for an appointment or your doctor for a medication adjustment.**
- 3. Lean Into your Faith...**God is closer than ever and waiting with arms wide open for you to "lean in" in prayer.
- 4. Stick to a Routine: Control what you can in your day.** Humans thrive in environments that are familiar and consistent. Make a daily schedule on a white board or chalkboard. Make one for your children too or allow them to make their own. If you get off your schedule, read number 1 on this list again.
- 5. Academics are important, but even more important is that your children feel loved, safe and connected to you.**
- 6. Stay in the Present:** We regret the past and worry about the future. Take one day at a time, one hour at a time. Stay in the present through prayer, nature, music or meditation.
- 7. Physical Activity:** Take at least 30 minutes a day walking, running, moving or riding a bike...preferably outside for a change in scenery and fresh air.
- 8. Reach out to friends and family through phone or video chat. Create a support network. Ask a neighbor to take a "6 feet apart" walk.**

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9. **Take at least 15 minutes a day to yourself to do something you love, something that feeds your soul.**
  
10. **Limit your time on social media, reading news articles or watching TV News. Our minds can only take so much overload of doom and gloom.**
  
11. **Allow yourself to grieve: Many of us are grieving people, places and things right now and it's OKAY. Sometimes we must give ourselves permission to sit in our grief.**
  
12. **Eat healthy, drink a lot of water and practice healthy sleep habits. Download a meditation/prayer/breathing app and use it before bedtime.**
  
13. **Love on your pets because they have unconditional love for you! Plus, it releases feel-good chemicals in our brain.**
  
14. **Stay positive and appreciate the little things. Which "new normal" habits are you thankful for and which "new normal" habits do you hope stick around long-term?**
  
15. **Help others when you can...and look for the helpers around you. Human beings are amazing and resilient. Our adaptation to our "new normal" has been awesome!**
  
16. **Find Meaning...what meaning do you and your family attach to this catastrophic event?**
  
17. **REMEMBER THIS ISN'T FOREVER...it's only temporary**
  
18. **If your life has become completely unmanageable, seek professional help.**