

Caring for your emotional health

**IF YOU'RE FEELING
STRESSED, YOU'RE
NOT ALONE.**

**THE PANDEMIC AND RECENT
WORLD EVENTS CAN TAKE A
TOLL ON YOUR EMOTIONAL
HEALTH. BUT THERE ARE
THINGS YOU CAN DO TO
HELP YOURSELF FEEL
BETTER.**



Take breaks from news and social media.

Hearing about a crisis throughout your day can be upsetting. Schedule a time once a day to check the news or social media, and then turn it off.

Take care of your body.

Your physical health affects your mental health. Try going for a walk instead of curling up on the couch. If you're hungry, eat some fruits and vegetables. Limit or avoid processed foods, which can make you feel worse.

Keep in touch with others.

Call or text friends or family members. Talk about your feelings and let them talk about theirs. You can be a support system for one other.

If you need help managing stress or emotional health, talk to your doctor or call the Substance Abuse and Mental Health Services Administration Hotline at 800-985-5990.

Source: Centers for Disease Control and Prevention