

Maintaining Mental Wellness During COVID-19

During times like this it is important to acknowledge the prevalence of mental health disabilities and how the impacts of COVID-19 can affect an individual's mental wellbeing. It is vital for people to be provided with tools and information to aid them in maintaining wellness during this time of crisis, as people's fear, anxiety, trauma responses, and feelings of being overwhelmed can be at an all-time high.

Below here are some tools to support individuals in caring for themselves, their friends, and their loved ones to decrease the development and/or the impact of distress.

General Tools for Mental Wellness

- If possible, seek help from a therapist, coach, sponsor, or spiritual advisor
- Make time for breaks throughout the day
- Create distinct work and relaxation spaces
- Limit your work hours and put work items away when done for the day
- Build a support base at work and at home
- Ask for help/ communicate your needs
- Increase your self-awareness to better notice when you start to experience negative feelings
- Acknowledge powerlessness
- Create a self-care plan

How to Integrate Self-Care

1. **Breath:** Deep, long inhaled followed by deep, long exhaled. Deep breathing calms our nervous system, helping us to relax so it's great to rely on in times of stress. It also increases the amount of oxygen to the brain, allowing us to focus and feel grounded.
2. **Set the Menu:** What we eat can have a huge impact on how we feel. Be mindful of what you are feeding your body.
3. **Treat Yourself:** Just take some time out each to do a little something for you that will make you smile. This could be as simple as having a long shower/bath or having a facial at home.
4. **Social Media Detox:** Think about switching off your social media for a while to limit exposure to misinformation, hysteria, and insensitivity.

5. **Socialize:** During this time of isolation finding ways to engage with others without risking your health and wellbeing is important. While some can choose to detox from social media, social media could be a way of connecting with others. Other things such as attending virtual events, skyping, video chatting, calling, and texting can be used to substitute face to face interactions.
6. **Move:** Try and include 30 minutes of regular exercise every single day. During this time creating space in your home for exercise, yoga or other forms of movement is a good idea. Additionally, going for a nice stroll around your neighborhood is an option.
7. **Hydrate:** Hydrating your body throughout the day. Water helps with digestion, circulation, absorption of nutrients and detoxification. When our bodies feel well, it positively impacts our mental wellness.
8. **Shut Eye:** Sleep plays a vital role in our mental and physical health. Make sure you are getting adequate sleep each night.
9. **Embrace the Light:** Go outside. Weather permitting, do some yard work, go for a jog or walk, or sit on the porch/patio. Take time to be out in the elements to break the monotony of being cooped up in the house.
10. **Do What Makes You Happy:** This is a personal one. Try to do something special for yourself. That might mean buying that new pair of shoes you've been thinking about for ages; going to see an art exhibition; taking yourself out to lunch; trying something new like a dance or yoga class.

Simple Things to Improve Mental Health

- Meditate/pray
- Practice gratitude
- Clean
- Listen to audio books or podcasts
- Take a bath
- Read a book
- Binge watch a show
- Dance around to your favorite songs
- Play games
- Relax
- Try making that new recipe(s)
- Do arts and crafts
- Reach out and support others

Tending to Your Thoughts & Emotions

Coping strategies help facilitate a person's ability to handle a stressful experience in an effort to prevent the development of intense distress or even crises.

Listed below are some resources, strategies, and practical tools to assist you in moments of stress to help you feel calmer, more motivated, more focused, able to concentrate, and in control.

- [Coping](#)
- [Mindfulness](#)
- [Grounding](#)
- [Self-care](#)
- [Emotional Intelligence](#)

Additional Resources

The tools and strategies shared today are not all you may need to stay centered and thrive. It's important to know that there are resources we can access to support ourselves and each other through tough times.

Call to Safety: If you are an adult and worried about your safety at home, 888-235-5333. Interpretation line available.

Proyecto Unica: Spanish version of Call to Safety, 503-232-4448

DHS (Oregon Department of Human Services) Hotline: If you are worried about the safety of a child, 855-503-7233. Interpretation services available.

Multnomah County Crisis Services: Call Center/Crisis Line, 503-988-4888 (24 hours a day, 7 days a week). Interpretation services available.

Kaiser Crisis Line: Available if you have Kaiser insurance, 503-331-6425

National Suicide Prevention Lifeline: English, 800-273-8255; Spanish, 800-628-9454 (24 hours a day, 7 days a week). Interpretation services available.

Oregon Youth Line: For youth to connect with other youth, text "Teen2Teen" to 839863 to instantly text with another person. Interpretation services available.

Trevor Project: Supporting LGBTQiA+ youth. Text "START" to 678678 or call TrevorLifeLine, 1-866-488-7386

Trans Lifeline: Supporting trans community members, call 877-565-8860



The Senior Loneliness Line: (503) 200-1633 or 800-282-7035

EAP (resource for City of Portland employees): 1-800-433-2320 or 503-980-1777

“We are all trying to be better and do better”- Tyesha McCool-Riley



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