

HOW TO CARE FOR YOURSELF WHILE PRACTICING

# PHYSICAL DISTANCING

## EAT HEALTHFULLY



to keep your body in top working order.

## EXERCISE



Workout at home or take a solo jog around the neighborhood.

## PRACTICE RELAXATION THERAPY



Voluntarily tensing and relaxing muscle groups can help you relax voluntarily when feeling overwhelmed or anxious.

## LET LIGHT IN



Increased exposure to light can improve symptoms of depression. Open the shades and let more sunlight in.

## BE KIND TO YOURSELF!

Treat yourself with the same compassion you would a friend.

## STAY CONNECTED



Stay connected to loved ones with phone calls, text messages, video chats and social media.

## MONITOR MEDIA CONSUMPTION



Balance media consumption with other activities you enjoy.

LEARN MORE AT [MHFA.ORG](https://www.mhfa.org)

\*Information provided in the Mental Health First Aid curriculum.  
\*Mental Health First Aid is managed, operated, and disseminated by the National Council for Behavioral Health.



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# SUPPORTING

## Friends During COVID-19

1

Stay **CONNECTED** with video chats, text messaging, phone calls or social media.

2

Look for **WARNING SIGNS** that may indicate your friend is really struggling and needs help. This can include what they are posting and sharing online.

3

**REACH OUT** to your friend and ask how they are doing. Connect them to a supportive adult if they need help.

4

If you or a friend feels **OVERWHELMED** with emotions or like you want to harm yourself or others, text MHFA to 741741 to talk to a Crisis Text Line counselor.



# 5 Tips TO HELP TEENS COPE WITH STRESS

## GET SOME SLEEP



Getting enough sleep helps you grow and develop normally, pay attention throughout the day, and maintain overall health. For teens, this means about **8-10 hours each night**.



## FOCUS ON YOUR STRENGTHS



Take time to **think about what you're good at** and ways to do more of those things. By focusing on and building your strengths, you can keep your stressors in perspective.



## DO THINGS THAT MAKE YOU HAPPY



**Find activities or hobbies that make you happy** and incorporate them into your daily life.



## ENGAGE IN PHYSICAL ACTIVITY



**Exercise takes our mind off stress** and releases chemicals in our brain that make us feel better. This can be anything from a stroll in the park, to a downhill bike ride or basketball game with friends.



## TALK TO SOMEONE



It can be hard to manage stress alone. Talk to a parent, teacher or other trusted adult about your problems and they may be able to help you find **ways to manage your stress**.



[MHFA.org/teens](http://MHFA.org/teens)