**20 Mental Health Wellness Tips for a Pandemic**

1. Stick to a routine. Go to sleep and wake up around the same time.

2. Get out at least once a day, for at least 30 minutes.

3. Find time to move each day, for at least 30 minutes (on-line yoga, exercise, dance).

4. Reach out to others.

5. Stay hydrated and eat well.

6. Develop a self-care tool kit – hot chocolate, music, essential oils, weighted blanket, rocking chair, journal. Mandala coloring pages, bubbles, Listerine strips, ice packs…

7. Spend extra time playing with children.

8. Find your own retreat in your space (inside and/or outside)– your sanctuary, blankets, pillows, forts, beanbag chairs.

9. Limit social media, news, covid-19 conversations, especially around children. Find a few trusted sources and limit your intake (30 minutes, 2-3 times a day).

10. Notice the good in the world, the helpers. Counterbalance the negative. Watch concerts, virtual tours, children book readings on-line.

11. Find something you can control (organize your closet, cook a new recipe, etc).

12. Help others. Find ways big and small to give back to others.

13. Find a long-term project – learn a language, play an instrument, on-line courses, jigsaw puzzles.

14. Find lightness and humor in each day – cat videos, comedy shows, funny movies.

15. Reach out for help.

16. Practice mindfulness and meditation. Live in the present. Daily guided meditations on-line, Insight Timer app.

17. Remind yourself this is temporary. This too shall pass.

18. Rest. That’s all you need to do.

19. Look for new ways to adapt to new changes.

20. Find the lesson. What did you/we learn? What needs to change in ourselves, our homes, our communities, our nation and our world? -Taken in part from Lynse Schmidt, Psychologist

**National Disaster Distress Helpline** available to anyone experiencing emotional distress related to COVID-19. **1-800-985-5990 or text TALKWITHUS 66746**

**National Domestic Violence Hotline 1-800-799-7233 National Parent Helpline: 855-427-2736 National Suicide Prevention Lifeline 1-800-273-8255**

**The Childhelp National Child Abuse Hotline: 1-800-422=4453**