

## 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.

### MONITOR MEDIA CONSUMPTION



Balance media consumption with other activities you enjoy.

### STAY CONNECTED



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

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.



MENTAL  
HEALTH  
FIRST AID

NATIONAL COUNCIL  
FOR BEHAVIORAL HEALTH