

# Managing Mental Health During COVID-19



COVID-19 has spread all over the world. As we face many cases and unfortunate news about the disease, feelings of loneliness, anxiety, and depression can increase. It's important to look after your mental health. How you feel can affect your well-being and your body's ability to fight the virus.



## Warning signs of mental illness



Feelings of numbness, disbelief, anxiety, or fear



Increased use of alcohol, tobacco, or other drugs



Headaches, body pains, stomach problems



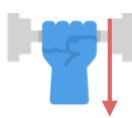
Difficulty concentrating



Difficulty sleeping or frequent nightmares



Changes in appetite



Decline in energy and activity levels



Anger or short temper



Worsening of chronic diseases

## How to cope with stress



Exercise to increase “feel-good” hormones - commit at least 20-30 minutes daily



Sleep at least 7- 8 hours a day with good sleep hygiene



Keep positive thoughts with deep breathing exercises



Eat a well-balanced diet



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Connect with others and avoid too much negative information



Get enough Vitamin D and sunlight exposure

## How to help others cope with stress

- Help seniors and those in need stay connected with others in new ways. Use technology like Zoom, Facetime, or WeChat to meet family and friends virtually.
- Provide information in a reassuring way
- Be supportive and give more attention
- Encourage healthy habits and good hygiene practices



## Need help?

If you, or someone you care about, are feeling overwhelmed with emotions, such as if you want to harm yourself or others, call 911 if necessary or seek help by calling:

- ❖ Psychiatric Emergency Services (interpreters available) (628) 206-8125
- ❖ Community Behavioral Health Services Hotline (888) 246-3333
- ❖ Asian Lifenet Hotline (Chinese languages available) (877) 990-8585
- ❖ SF Suicide Prevention (interpreters available) (415) 781-0500



To learn more about our medical group, call Member Relations: (415) 590-7418



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