Staying Safe and Mentally Well During COVID-19

A healthy mind is just as important as a healthy body. Find ways to relieve stress, and help others find ways to cope too.



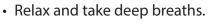












- Do activities you enjoy.
- Connect with Mother Earth. Go outside and enjoy nature. Gather herbs and medicines.
- While wearing a mask and staying at least 6 feet apart, go for a walk or sit outside to catch up with friends and family.
- Invite friends to connect online for games or social gatherings.
- Take things day by day, some days may be harder than others.
- Make a list of the things you have control of during this time.
- Find a quiet spot to read.
- Take part in sacred practices.
- Take breaks from stressful news updates on TV and social media.
- Find a way to laugh every day.
- Call loved ones and friends, share feelings and experiences.
- Try to stay hopeful and thinking positively. Keep a journal of things you are grateful for or that are going well.
- Connect with your community. Participate in virtual pow wows, reach out to spiritual leaders for virtual guidance, etc.
- · Sing, drum, make or listen to music.
- Use your artistic talent to create something- weave, paint, draw, bead, sew, etc.
- Pray and join spiritual services virtually, by phone, or while keeping social distance.











Focus on staying healthy to stay well

- **Keep a regular sleep schedule**. Sleep 7 to 9 hours a night to stay strong to fight sickness.
- · Drink plenty of water.
- Eat healthy, well-balanced meals, including plenty of fruits and vegetables.
- Exercise. Walk, stretch, anything to get your body moving.
- · Reduce or avoid alcohol and drug use.
- Maintain other health conditions. Keep up with medications and regular virtual visits with providers.

Always stay as safe as possible from getting COVID-19

- · Wear a mask.
- Stay 6 feet away from others.
- Avoid large gatherings. This may include family too.
- Wash hands often with soap and water for at least 20 seconds or use hand sanitizer.
- Clean and disinfect surfaces and items that are touched often.
- Call a health care provider if you or a family member experience symptoms of COVID-19.

