

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.



- Relax and take deep breaths.
- 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.



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For more information:
[CDC.gov/coronavirus](https://www.cdc.gov/coronavirus)

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Sources: CDC, NIDA