

# Maintaining Positive Mental Health During COVID-19



## Take care of yourself!

Find stress-reducing activities that help keep your body, mind, and spirit well. Take deep breaths, stretch or meditate, eat well-balanced meals, get plenty of sleep, and avoid alcohol and drugs. Pace yourself between stressful activities by doing a stress-reducing or fun activity! A few activity ideas are: watch a funny movie; video chat with a friend; explore local parks, recreational areas, or walk or bike trails.



## Understand the risks of COVID-19.

There is an overwhelming amount of information available in the news and on social media. To stay informed, use reliable sources of information, such as the [KDHE COVID-19 Resource Center](#) or the [Centers for Disease Control and Prevention \(CDC\)](#). Understanding and sharing accurate information about COVID-19 help reduce stress associated with the outbreak.



## Take breaks from hearing or reading information about COVID-19.

Try establishing specific times to check for updates – it is important to balance your time spent focusing on updates and on other activities.



## Stay connected with others!

Talk with friends, family, neighbors, and co-workers about how you are feeling. Maintain healthy relationships and build a strong support system. You are not in this alone!



## It is okay to ask for help!

Everyone reacts differently to stressful situations. If your stress impacts your daily activities for several days in a row or if you would like to talk with a professional about how you are feeling and need help finding a provider, visit [SAMHSA's Treatment Services Locator](#). Additional support services are listed below.

## Other Resources:

- [SAMHSA's Disaster Distress Hotline](#) provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters, including infectious disease outbreaks. Call 1-800-985-5990 to text TalkWithUs to 66746. For Spanish speakers, call 1-800-985-5990 and press "2" or text Hablanos to 66746.
- [National Suicide Prevention Lifeline](#) provides 24/7, free and confidential support for people in distress, prevention, and crisis resources for you or your loved ones, and best practices for professionals. Call 1-800-273-8255 or 1-888-628-9454 for Spanish.
- [Crisis Text Line](#) is a free, 24/7, confidential text message service for people in crisis. To reach a crisis counselor, text Kansas to 741741.
- [Recovery Research Institute](#) provides options for individuals to access recovery support meetings online from home.
- [Association of Community Mental Health Centers of Kansas](#) includes a map and directory with contact information for all of the community mental health centers in Kansas. The Community Mental Health Centers are all continuing to provide services throughout the public health crisis and all maintain 24 crisis services.

For more information, visit [kdheks.gov/coronavirus](https://kdheks.gov/coronavirus)