

# MIND YOUR HEALTH



## Mental Health Considerations During an Outbreak

### For Youth

#### All the Technology

Now is the time to enjoy all of your technology. In addition to schooling being online, so should the majority of your socialization. FaceTime or Skype your friends, duet your TikToks, share pictures on Instagram and text your Group Chat. Although you can't see your friends in person, stay in touch.

#### Routine

Having a routine while at home is extremely important. When you wake up in the morning have a healthy breakfast and make your bed. Take time to set up your school work in a place you're going to be productive. Once you finish school work take some time to go outside and get fresh air or call your friends. It's up to you to create your routine. Above all, make sure to include things you enjoy!

#### Give Me a Break

In your new routine, make sure to give yourself breaks. Learning online can be tricky and may be frustrating. Know when to take a step back and 'take a breath'. Although technology can be helpful to keep in contact with friends and families, it's possible to have information overload. Step away from social media if you find yourself overwhelmed with the information.

#### Talk It Out

This is all new for everyone — parents and teachers included. If you have a trusted adult in your life, let them know how you're feeling. If you're frustrated, scared, overwhelmed, angry, or feeling any other negative thoughts remember you're not alone. Form a positive support network around yourself to keep your mind at ease.

#### Working Hard

If you're feeling helpless or like this is out of your control it's okay. Adults all over the world are working hard to research the new virus, finding ways to care for the sick and support each other. You can do your part in your family and peer group to help by raising spirits and staying involved. Just know your thoughts and feelings matter, and you should express your emotions in healthy ways.

**Take care of your mental health - a healthy mind helps keep a healthy body**



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