

# TAKING CARE OF YOUR MENTAL WELL-BEING:

## Ways to practice self-care during uncertain times

It's **okay** to feel stress, worry, or anxiety during the widespread public health response to COVID-19. There are resources available and ways to help you manage these feelings to stay well.

### Focus on what's within your control.

- Talk with your instructors.
- Take a break from the news and social media.
- Create routines that support your well-being and help time management:
  - Get enough **sleep**.
  - **Eat regular meals** that include nourishing foods that help you feel your best.
  - **Move** in ways that feel good for your body and go outside if you can.
  - **Do things that you enjoy** and take breaks from class work.

### Additional ways to take care of yourself:

- Stay connected to friends and family members via text, video chat, etc.
- Be mindful of how caffeine and alcohol make you feel and reduce the amount consumed if they produce negative feelings.
- Practice relaxation techniques or mindfulness exercises to invite a sense of calm.
  - Note that these techniques may bring up difficult feelings - it's ok to stop or try again later.
- Follow public health guidance and stay present, paying attention to how you feel, given the quickly evolving nature of COVID-19.

**Reaching out for professional help is always an option.**

- [Tuttleman Counseling Services](#)
  - 215-204-7276
- **National Alliance on Mental Illness (NAMI) Bucks County** is offering [virtual support groups](#).
  - **NAMI Philly Warmline** - 267-687-4381 Option 1

- [Crisis Text Line](#) - Text HOME to 741741
- [National Suicide Prevention Lifeline](#) - 1-800-273-8255
- [The Trevor Project](#) - 1-866-488-7386
- [SAMHSA Disaster Distress Helpline](#) - 1-800-985-5990 or text TalkWithUs to 66746