

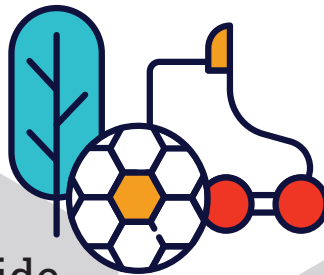
SELF-CARE, MENTAL HEALTH, AND RESILIENCE

The COVID-19 pandemic has caused restricted movement, isolation, and massive changes to regular activities. Helping supported individuals adapt to these lifestyle changes can be challenging. Mental wellness may suffer as a result. Encourage all team members to follow these self-care tips.

For more tips, read the World Health Organization's article: ["Looking after our Mental Health"](#)



Stay informed, but allow yourself to limit your newsfeed if you're anxious or distracted.



Get outside for a healthy dose of fresh air!



Don't be afraid or ashamed to seek professional help.



Learn a new relaxation exercise



Be aware of screen-time. Take regular breaks from on-screen activities.



Maintain familiar routines.



Social contact is important! Reach out to loved ones via phone or video chat.