

## **5 Tips to Give Your Student to Improve Mental Health During COVID-19**

Here are some simple things to keep mentally healthy during this stressful time.

### **1 . Take breaks from the news.**

Constantly hearing about the pandemic can be upsetting. Set aside time to regularly unplug from news sources (including social media). Also, seek out “good news” or worthy movements on social media/television to counteract all the negativity.

### **2. Take care of your body.**

Eat well balanced meals, take time to exercise, maintain a consistent sleep schedule, practice deep breathing. Research has shown a strong connection between mental and physical health, so taking care of your body is an effective way to improve your mental health.

### **3. Connect with others.**

Just because you can't be physically close to the people in your life doesn't mean you should be socially isolated. Use FaceTime or Zoom to virtually meet up with friends or family. Have honest conversations with people you trust about your concerns and feelings regarding COVID-19.

### **4. Maintain a routine.**

Make a list of things you'd like to do every day at a specific time. From eating breakfast in the morning to reading before bed, these every day habits can help make your life feel a little more stable in a time when the world is uncertain.

### **5. Stay busy.**

Make a list of projects, TV shows, or books you can work through on your free time. Try picking up a new hobby, language, or computer skill through YouTube videos or an online learning platform such as Udemy. Giving yourself a challenge to overcome can help you feel productive and in control.