



Cambridge
Public Health
Department

HOW TO TAKE CARE OF YOUR MENTAL HEALTH

Anxiety and stress are high due to COVID-19. The sudden drop in social contact could increase your stress. New mandates could mean a lot of time by yourself, or with members of your household. Here are a few suggestions to help manage stress.

Maintain Regular Contact with People

This sudden drop in social contact can make a stressful situation even worse. If you find yourself spending long periods of time by yourself, try to maintain regular contact with family or friends throughout the day. Create a schedule to help you stay in touch with people by phone, text, or video. Think of scheduling a virtual lunch or a coffee break.

Take Care of Yourself

Focus on the basics like getting enough sleep, eating regularly, exercise, and continue to take any medications as prescribed. Consult YouTube videos or other online resources for exercises you can do at home, as well as yoga or meditation. Making sure you're taking care of yourself will limit potential emotional stress you may be undergoing. Maybe you can exercise or do yoga with a friend or family member over FaceTime or through another video conferencing application.

Practice Self-Soothing

If you have already experienced or have a diagnosis of depression or anxiety, current events may be exacerbating your symptoms. Try to find things that help you stay relaxed or calm. Try to limit your time watching or listening to news stories or programs. Try watching a favorite TV show or video online. Or try reading a favorite book.

Try to Maintain a Schedule

If you are able to work from home, try to keep regular work hours. Try to schedule regular meal times and check-ins with friends or family. Think about researching a topic that interests you or starting a project that you've been putting off. Whatever it is, try to stick to a schedule to add structure to your day.

Teletherapy

If you already see a therapist or other mental health professional, see if they offer their services virtually. Keeping your regular appointment will help maintain routine and potential help with any increased symptoms you may be experiencing.

If you don't have a relationship with a therapist or mental health professional, you can try contacting the Substance Abuse and Mental Health Services Administration ([SAMHSA](https://www.samhsa.gov)) helpline at 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor. For Spanish speakers, call 1-800-985-5990 and press "2" or text Hablanos to 66746. [Español](#)