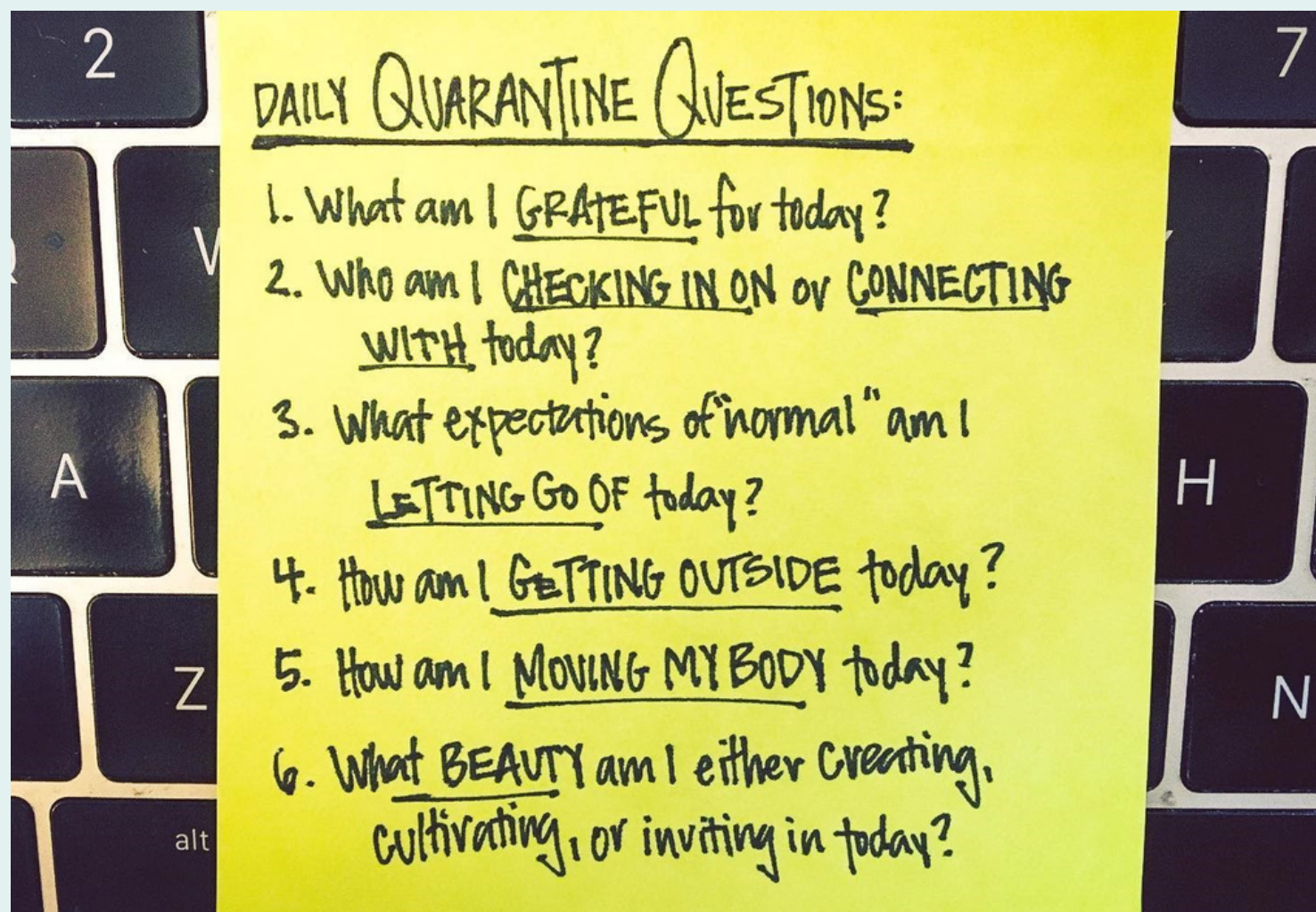


Resources for Mental Health & Coping during Covid-19



The full article can be found [here](#)

Resources for stress and anxiety

Mindful Breathing (practice): A way to build resilience to stress, anxiety, and anger.

Expressive Writing (practice): A simple, effective way to work through an emotional challenge.

Five Science-Backed Strategies to Build Resilience (article): Learn about 12 different exercises you can do when facing difficulty.

Seven Ways to Help Someone with Anxiety (article): Some people are more anxious than others during these times. Find out different ways you can support loved ones who are struggling.



20 Very Easy Tips for Lowering Your Daily Stress Level

Gretchen Rubin

So, if you feel like your stress level is high, try to tick off some items on this list. A little effort now means a lot less stress, later.

1. Go to bed thirty minutes earlier than usual.
2. Get up thirty minutes earlier than usual.
3. Before you go to sleep, prepare for the morning.
4. Bring a hat and an umbrella.
5. Don't wear tight clothes or uncomfortable shoes.
6. Make a list.
7. Listen to a favorite song.
8. Keep extra cash and stamps in the house.
9. Be polite and be fair.
10. Laugh out loud.
11. Have a good book to read.
12. Keep an extra set of keys.
13. Exercise.
14. Always keep your passport in the same place.
15. Throw something away.
16. Don't say mean things about other people.
17. Put a Bandaid in your wallet.
18. Keep gas in the car.
19. Pay attention to someone else.
20. Make your bed.

May we all be happy.

May we all be safe.

May we all be healthy.

May we all live with ease.



Hotlines

If you are experiencing emotional distress or a mental health crisis please reach out to any of the following resources.

SAMHSA's Disaster Distress Helpline:
Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor

National Suicide Prevention Lifeline:
1- 800-273-TALK (8255)

Crisis Text Line: Text "MN" to 741741

Minnesota Mobile Mental Health Crisis Line:
Call **CRISIS (**274747).

MN WarmLine Peer Support Connection:
Call or text 844-739-6369 (5:00 pm to 9:00 am)



Simple grounding exercise:

- 5 Things you see
- 4 Things you feel
- 3 Things you hear
- 2 Things you smell
- 1 Thing you taste

Grounding helps with anxiety, anger, and focus.

