



## JUNE TIP SHEET

Prolonged adversity always intensifies preexisting mental health issues. **Anxiety, depression, and suicide rates are rising since the pandemic hit. It's important to monitor your mental health and to help those around you who may be struggling.** If you or someone else are experiencing stress, anxiety, depression, or another mental health problem - then talk about it and get professional help. Contact your doctor or reach out to an online therapist or support organizations. These resources can assist in finding ways to manage the distressing feelings in a healthy way.



Many resources are being shared in the media to support people. **This has helped to reduce the stigma around mental health and is one positive outcome from the pandemic.**

Essential workers like doctors/nurses/EMTs/hospital staff, grocery store staff, drivers and other essential workers are addressing their emotions and sharing them with the public. **Difficult emotions are being both acknowledged and normalized by talking openly about them. There is an emphasis on how we can become stronger by focusing on our mental health.**



In addition to talking to a health professional, there is a lot we can do even in a time of perceived helplessness and loss of control. **Positive psychology specifically looks at how we can focus solely on the things we can control** and how to maximize even the smallest victories.

**A unique aspect of this pandemic is it gives every human the opportunity to be a hero even if only in small ways.** For example, we can help keep ourselves and others safe by cleaning, wearing masks, and practicing social distancing.

**We can manage our time and anxieties by helping others with shopping, food delivery or yard work.** Also, you can make masks, knit, crochet, or craft various gifts to send to nursing homes and hospital staff. **There are so many simple ways that we can show empathy, compassion, and kindness right now.** Research has shown that positive feelings resulting from kindness to others last much longer than feelings derived from doing something pleasant or fun such as watching T.V.



**Take one day at a time and focus on what you can control and be mindful about the small victories of the day.** The good news is that people will emerge from the pandemic with more empathy. It's an extreme situation but normalizes that everyone loses their footing at times and should seek help.