



Coping Strategies during the time of COVID-19

Tips from the Yale Mood Disorders Research Program

*Feeling stressed, anxious and uncertain lately? You are not alone.
The good news is that there are strategies you can use to help yourself and others.
Let's make mental health a priority.*

Stay Social: Social distancing is a priority at this time, but it does not have to mean social isolation, especially with today's technologies. Connecting with friends and loved ones helps to maintain ties and brighten spirits.

Limit News Consumption: Staying informed is important, but too much information can increase anxiety levels. Minimize news to quick updates once or twice daily and limit your sources to only those you trust.

Keep Routines Consistent: Keeping routines as consistent as possible is important for mental and physical health and can provide a sense of control during a chaotic situation.

Keep the Same Wake-up Time: It is hard when you and your family are based at home, but getting out of bed at a similar time each morning is an important routine to try to keep as it sets the stage for the day.

Natural Light: One of the most powerful cues to wake up the brain is sunlight. Leaving your blinds open can help you wake up sooner and keep you to your regular wake up time, especially if you are a late riser.

Get Outside: Getting fresh air and sunlight can help reduce stress and improve mood. Stepping outside as early as you can in the day, even briefly, can really help improve your sleep and body's other rhythms.

Exercise: There are so many benefits to exercise. Even moderate exercise a few times a week can improve mental health.

In This Together: During this time of social distancing, remember that you are not alone. Reach out to your support network such as your family and friends. Maintain contact with your health providers.

For more information about our research visit mood.yale.edu

Visit these sites below for additional information and support:

www.211.org

www.nami.org

www.suicidepreventionlifeline.org