



MENTAL HEALTH DURING A PANDEMIC

An often-overlooked concern amongst the COVID-19 pandemic is its effect on mental health. During pandemics, the number of people whose *mental health* is affected tends to be greater than the number of people affected by the infection.

The CDC lists several negative consequences related to stress and anxiety brought on by the outbreak including:

- Fear and worry about your own health and the health of your loved ones, your financial situation or job, or loss of support services you rely on.
- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Worsening of chronic health problems.
- Worsening of mental health conditions.
- Increased use of tobacco, and/or alcohol and other substances

However, there are many habits we can develop to counter these negative consequences and thrive mentally through the pandemic. A good place to start is knowing where you are. Here is a link to a number of mental health screening quizzes that are quick, confidential, and can help you measure how you are doing right now: <https://screening.mhanational.org/screening-tools>

See the flyer on Mental Health Tips & Tricks and check out this link for additional healthy ways to cope with stress: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

***Complete this form for an entry into the prize drawings:**
<https://forms.gle/N754QvZup27S4ksU9>

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