

# MAINTAINING MENTAL WELLNESS WHILE WORKING FROM HOME

GOOD MENTAL HEALTH AND POSITIVE WELLBEING CAN HELP YOU BETTER COPE WITH THE COVID-19 THREAT AND THE UNCERTAINTY IT'S CREATING.\*

## SIGNS AND SYMPTOMS YOUR MENTAL HEALTH IS AT RISK

- Worry or fear becomes overwhelming
- Inability to function
- Suicidal thoughts and behavior
- Extreme mood and behavioral changes
- A dramatic decrease in appetite and sleeping patterns
- Excessive use of alcohol, tobacco, or drugs (*prescription or illicit*)

## MANAGING YOUR MENTAL WELLBEING DURING COVID-19 WHILE WORKING FROM HOME

Take action to prevent COVID-19 from affecting your mental health during this time when you are working from home. In the same manner, like physical health, mental health can become unbalanced.

**1 in 5 US adults experience mental health issues.\*\***



### KEEP PHYSICALLY FIT

Eat healthy, well-balanced meals, exercise daily and continue to keep a regular sleep pattern. Maintain familiar routines in daily life as much as possible while at home. Create a structured, dedicated work environment and build in self-care as well as regular benchmarks of achievement.



### STAY INFORMED

Do not avoid all news about COVID-19. Ensure you are staying informed and educated regarding the topic; however, take breaks when home from watching, reading, social media, or listening to the news if it begins to affect your mental health.



### SOCIAL DISTANCING BUT NOT ISOLATION

We want to practice social distancing (i.e., six feet apart) to avoid spreading the COVID-19; this does not mean isolating at home. While isolation can intensify mental health issues, it is vital to keep all lines of communication open to family, friends, and social networking contacts.



### KEEP POSITIVE

Maintain a sense of hope and positive thinking and know that as a community, we can come together to support one another through this challenging time.



### ASK FOR HELP

Contact your local mental health provider for support and resources. Many of these agencies are offering telehealth services that are easily accessible from your home. This allows you to communicate face-to-face with a mental health professional.

If you are feeling overwhelmed with emotions such as sadness, depression, anxiety, or feel like you want to harm yourself or someone else, call the national suicide prevention lifeline.

**1-800-273-TALK (8255)**  
**suicidepreventionlifeline.org**