

Tips on How to Maintain Your Mental Wellness During COVID-19

Take breaks

from watching, reading or listening to news stories including social media. Hearing about current events repeatedly can be upsetting.

Take deep breaths, stretch or meditate.

Try to eat healthy,

well-balanced meals, exercise regularly, get plenty of sleep and avoid alcohol and drugs.

Make time to unwind.

Talk with people you trust

about your concerns and how you are feeling.



The Center Support Line

A free, 24-hour talk line open to our community during difficult times. If you are feeling stressed, anxious, or just need someone to talk to, call—we can help.

The Center Support Line: 970.252.6220



THE CENTER
for Mental Health

Providing Help, Hope, and Healing

www.centermh.org • Call 970.252.3200 to learn more or to make an appointment.