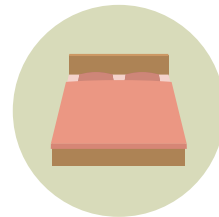


Mental Health First Aid during the COVID crisis

Taking care of our basic needs helps decrease stress.

WAKE UP AND GO TO BED AT THE SAME TIME DAILY

This helps our immune system, energy, sleep, sense of self-control, our need for a routine.



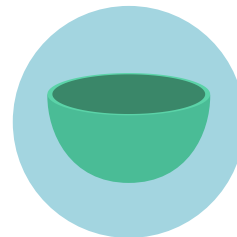
PRACTICE REGULAR HYGIENE

Cleaning our bodies and getting dress daily helps our mood, productivity, coping skills, social interactions, and immune system.



EAT & HYDRATE AT REGULAR INTERVALS

This improves our cognitive functioning, mood, sleep quality, physical health, and energy levels.



MAINTAIN YOUR PHYSICAL HEALTH ROUTINE

(Take medications regularly, stretch, walk, move, exercise) This improves our immune system, energy, and mood.



TAKE CARE OF YOUR SPACE

Regular days and times for necessary chores helps improve our need for routine, sense of control, mood, confidence, productivity and motivation.

