

## How to care for Yourself While Practicing Social Distancing

This is a stressful time for many. It is understandable to feel overwhelmed, stressed, and anxious. Millions of people across the country are experiencing the same worries and challenges that you are. During this time, it is important to take care of yourself. Use these tips to take care of your mental health while practicing social distancing.

1. Eat Healthfully to keep your body in top working order.
2. Exercise reduces symptoms of stress and anxiety. Make time to work out at home, go for a walk in your neighborhood, or even enjoy a bike ride.
3. Let Light In. Increased exposure to light can boost your mood. If you can, open the shades and let more sunlight in.
4. Stay Connected. Even if you can't get together face-to-face, you can stay connected to friends and family with phone calls, text messages, video chats, and social media. If you're feeling lonely, reach out to your social support networks.
5. Be Kind to Yourself! These can be scary and uncertain times, treat yourself with the same compassion you would a friend.