

10 Mental Health Reminders to Cope with COVID-19

From Robby Berthume

- Make sure you have enough supply on hand of any prescriptions or supplements you take.
- Stick to your routines and rituals. Get up at the same time and go to sleep at the same time. Stick to what worked for you before COVID-19.
- Eat healthy whole foods and minimize salty snacks and sugary sweets that can affect your mood.
- Exercise in your house (e.g. treadmill, pushups, planks, etc.) and take at least one walk a day (remember to practice social distancing).
- Stay busy and productive – an unoccupied mind can spin out. If there's work to do, do it. If you have a project list or chores to do, now's the time. If you have a hobby, go all out.

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- Be present and accept reality for what it is. Remain aware and you will be able to temper your thoughts and keep your pain body and negative patterns at bay.
- Start a gratitude journal and write out at least three things you're grateful for on a daily basis. Do it first thing in the morning for the day before, to start your day with the right mindset.
- Stay in touch with friends, family, and colleagues. An old fashioned phone call works, or you can use tools like FaceTime or Zoom.
- Use this time on personal development and professional development. Read books, take courses, listen to podcasts. This is the perfect time to grow yourself or your business while others lay low and react.
- Cut yourself some slack. If you're feeling overwhelmed, stressed out or even suicidal, stop whatever you're doing and give yourself some time and space to process things.

