5 Tips for Mental Wellness

Connect with others
Use technology to stay social. Ask for help when you need it.

Focus on what you can control
Build routine, limit news and social media, do what you’re able, do relaxing activities.

Practice helpful sleep habits
Go to bed and wake up at the same time each day. Relax for 20 minutes before going to bed.

Be kind to yourself and others
Practice self compassion and gratitude.

Be present
Acknowledge thoughts and feelings, soothe when needed. Be engaged in what you’re doing, practice mindfulness.