BENTLEY UNIVERSITY

Protecting your Mental Health
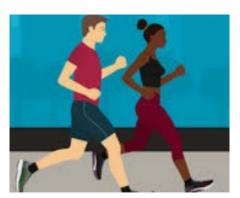# During the COVID-19 Pandemic

CDC CENTERS FOR DISEASE CONTROL AND PREVENTION

Stay informed with credible sources like the CDC, but **don't obsess**, take breaks and turn off the TV.

Social Distancing is important to prevent spread, but people need people to remain happy and healthy. Call and video chat with friends and family **everyday**.

UNCERTAINTY AHEAD

Uncertainty can be scary as the status-quo is disrupted. Keep yourself focused on what you can control, **prevent 'spinning out'** into 'what ifs' and worst case scenarios.

Practice Self-Care everyday by exercising, eating well, prioritizing sleep, avoiding harmful substances and engaging with your hobbies and interests.

Finding ways to help others in your community will enhance your own sense of happiness and confidence. Practice gratitude and work towards something greater than yourself.

Practice mindfulness & deep breathing, skills proven to reduce the impacts of stress. **Consider keeping a journal** to process your deeper feelings if you prefer to keep them private.

For more helpful tips, visit us online at:

https://www.bentley.edu/university-life/student-health/wellness-prevention

Bentley Counseling is now offering telehealth consultations. If would you like to speak with a counselor, call us at 781-891-2274.