



Managing Pandemic Stress

After 13 months of stress related to COVID-19, it seems appropriate to contemplate how to manage stressful situations. Although vaccines are currently being distributed, it doesn't mean your mental health is suddenly fine. **Here are some tips to help you cope.**



Exercise, exercise, exercise.

Physical activity boosts endorphins and lowers stress.



Go to bed early and put away the devices.

Getting enough sleep is key to lessening stress, and looking at your phone in bed won't help you fall asleep.



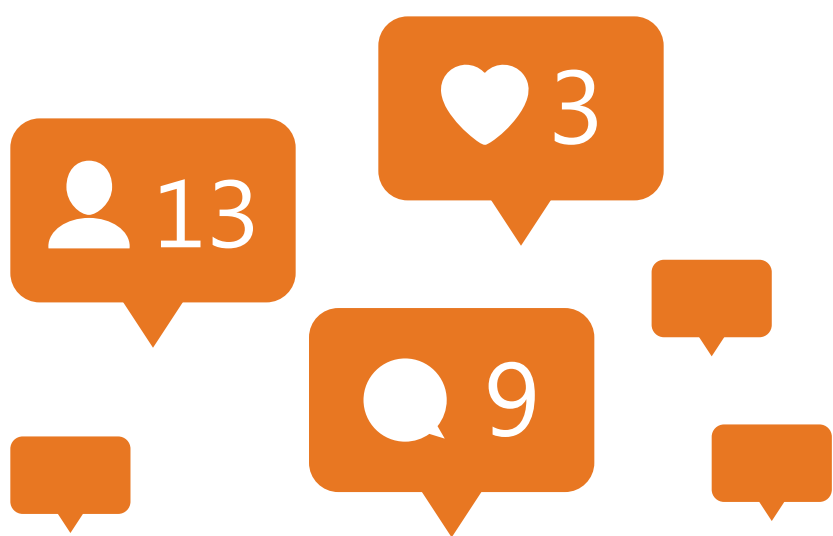
Choose veggies.

Junk food may make you feel better in the moment, but vegetables support overall health.



Go offline.

Skipping news and social media for a few days will calm your brain.



Call to stay connected.

Talking with your friends and family can make a difference to your mental health.



Breathe.

Meditation, yoga and simple deep breathing exercises will lower your blood pressure immediately and may help you gain control of your emotions.



Get help if you need it.

If you have suicidal thoughts, seek immediate emergency medical care by dialing 911 or calling the National Suicide Prevention Hotline at (800) 273-8255.

You'd see a doctor if you had a broken bone, right? Treat your mental health with the same care. Schedule an appointment today with a mental health professional. The Psychiatry care team at Weill Cornell Medicine is here to help you successfully manage your mental health and cope during challenging times.

