



Weill Cornell Medicine

COVID-19 & Your Mental Health

Mental health has never been more important.

Since the COVID-19 pandemic began, you may have noticed changes in your mood and emotions. Even things that used to excite you can now feel like a chore. Give yourself and your loved ones a mental health pick-me-up with these tips.

Listen Up

Clear communication reduces stress. **Listen well and don't downplay anyone's emotions.**



Reach Out

Sometimes, everyone needs some help with their mental health. **Don't hesitate to reach out.** Struggling teens can use Weill Cornell Medicine's new youth symptom tracker by visiting <https://weillcornell.org/pocat>.

Be Present

You can only be in one place at a time, so **don't stress** about things you can't control and practice mindfulness.



Get Out

Go for a walk. Take in the sights and sounds of a greenway or one of our city's beautiful parks. You'll improve your physical and mental health at the same time.

Develop a Routine

"The pandemic has been hard on mental health with this mishmashing of roles—working and school and housework and exercise. **I advise families to get a routine that includes activities that help build stress resistance**, such as exercise, meditation, socialization, scheduling video calls and roaming."

—Susan Evans, PhD, professor of psychology in clinical psychiatry at Weill Cornell Medical College and Cornell University



Practice Self-Care

"We have to put on our own masks and then help our kids put on their masks. As parents, we feel conflicted about screen time, **but we need to have some moments to ourselves.** This allows us to be tuned into our own needs as parents and then be better able to meet the needs of our family."

—Shannon Bennett, PhD, assistant professor of psychology in clinical psychiatry at Weill Cornell Medicine

To schedule an appointment with a mental health provider, please visit <https://weillcornell.org/services/psychiatry>



Weill Cornell Medicine