

5 WAYS TO PROTECT YOUR MENTAL HEALTH DURING SOCIAL DISTANCING

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1. **Stay connected** – isolation feeds anxiety and depression. Have a plan for staying connected to your friends and family via Skype, FaceTime, WhatsApp, or other platforms. Now is the time to practice kindness and maintain positivity with others. Remember that everyone has different reactions during a time of crisis. Don't expect others to view the situation in the same way you are viewing it. Dig deep and work hard to validate others' experiences.
2. **Stay productive** – make small goals each day to work on projects you wouldn't normally have time for. Consider taking on a new hobby or reading that book that has been collecting dust on your nightstand.
3. **Take care of your body** – take deep breaths, stretch, or meditate. Eat healthy, well balanced meals. Exercise regularly. Get outside. Resist the urge to self-medicate or increase your use of alcohol or other drugs.
4. **Limit your media consumption** – check news only from reliable sources such as the Center for Disease Control or the World Health Organization. Avoid the 24-hour news cycle as it can feed fear and lead to rumination and panic.
5. **Seek the help of a mental health professional** if you are in need of mental health care or if you feel that you are in crisis. Call the San Diego Access & Crisis line at 888-724-7240 or text "courage" to 741741.

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RESOURCES TO PROTECT YOUR MENTAL HEALTH DURING SOCIAL DISTANCING

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PSYCHOTHERAPY RESOURCES

- If you have health insurance, you can go to [psychologytoday.com](https://www.psychologytoday.com) or [therapyden.com](https://www.therapyden.com) and filter by zip code and the type of insurance you have
- If you are uninsured, have MediCal, or are MediCal eligible, you may be able to visit a community clinic. To find which clinic serves your zip code and if you are eligible, call 211 or visit <http://www.comresearch.org/services.php> for a list of clinics (call the one in your region to confirm services and eligibility)
- If you are in crisis or having a mental health emergency, call the Access & Crisis Line at 888-724-724-7240 or the National Suicide Prevention Lifeline at 800-273-8255

MEDITATION RESOURCES

Some great FREE apps for meditation include [insight timer](#), [smiling mind](#), and [UCLA mindful](#). You can find these in your app store. Some other fantastic subscription apps are [10% Happier](#), [Headspace](#), and [Calm](#); each of these offer free trials

OTHER SITES FOR LOCATING HELP OR FINDING SUPPORT

[mentalhealth.gov](https://www.mentalhealth.gov), [up2sd.org](https://www.up2sd.org), [samhsa.gov](https://www.samhsa.gov)

PODCASTS TO SUPPORT YOUR MENTAL HEALTH

10% Happier with Dan Harris, Hurry Slowly, Unlocking Us with Brene Brown, and Well Now

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