

Dear Friend,

We know that you are most likely being bombarded with messages about COVID-19, whether that be on television, social media, and in your community networks. At times like this, anxiety, stress, fear and negative thoughts can easily take control. You may be worried about being in crowds, your loved ones, your seniors, your 401K or how to manage a quarantine.

Give an Hour and the Campaign to Change Direction want to underscore the importance of your mental health during this time. Using our Healthy Habits as a guide, here are some tips for your emotional health as well as your physical health!



#### TAKE CARE OF YOU

- Commit to meditating for 10 minutes each day.
- Go for a walk or hike with your immediate family.
- Keep a food journal. Then, review your journal to identify the good and bad food you are putting into your body. Plan ways to eat healthier.
- Get 8 hours of sleep and/or take a nap during the day!



#### CHECK IN WITH OTHERS

- While maintaining social distance, use technology to stay connected with people in your life.
- Call a loved one, family member or friend to check in on them and let them know you care about them and their emotional well-being.
- Write a letter to a loved one letting them know how much they mean to you and how much you care about them.
- Take time to connect with an old friend via phone or email.



#### ENGAGE AND CONNECT WISELY

- Facetime your loved ones and "join" them for an ice cream dessert!
- Review your social media and screen time habits. Follow positive people and messages. Clean up your friends list.
- Revisit happy memories and create an online photo album to share with friends and loved ones.
- Learn a new hobby! Visit Youtube to learn how to watercolor or make a delicious dessert!
- Pull out board games, puzzles and cards for an "old fashioned" night of entertainment.



#### RELAX

- Plan a "night in" dance party for your family. Have fun with the theme, music, decorations and food.
- Plant in your garden.
- Open that book you have been wanting to read and escape into its pages for 30 minutes per day.
- Fill the bathub, add bubbles and light some candles.
- Binge watch a series on Netflix.
- If you find it relaxing, tackle that junk drawer, closet or pantry!



#### KNOW THE FIVE SIGNS

- We wash our hands for our physical health, learn the Five Signs of Emotional Suffering to keep up with your mental health. Share them with your family and friends.
- Paint rocks or shells with the Five Signs emoticons and hide them around your community.
- Take a selfie showing you know the Five Signs and post it on social, asking others to learn the Signs. Don't forget to use #ChangeDirection

In addition to [Change Direction tools](#), many of our partners have helpful resources that you may want to check out.

- If you're feeling anxious and need someone to talk to, text SIGNS to 741741. The Crisis Text Line is a 24/7, free and confidential service.
- [The Mighty](#) has created an online community that encourages conversation about mental health issues, resources, education, and good tips for managing these stressful times. Become one of the Mighties.
- [Read these tips](#) and resources from the ADAA on how to manage anxiety.
- Keep up to date on [COVID-19 facts](#) from the CDC.
- [Check out this informative comic](#) from NPR on COVID-19, it's kid friendly!

Remember to follow us on [Facebook](#) for more up-to-date ways to connect and #ChangeMentalHealth.

Best wishes,

A handwritten signature in black ink, appearing to read 'Randy Phelps', with a long horizontal flourish extending to the right.

Randy Phelps, Ph.D.  
CEO  
Give an Hour