

Lessons from 1 Year of COVID-19:

11 TIPS TO MAINTAIN GOOD MENTAL HEALTH

- 1** Set boundaries. 
- 2** Work on building your resilience. 
- 3** Gain perspective—things will not be this way forever. 
- 4** Manage news feeds and social media wisely. 
- 5** Plan on how you will get healthy amounts of rest, food and water, and exercise. 
- 6** Let the small stuff go. 
- 7** Learn to take a deep breath when triggered to anger. 
- 8** Be kind to yourself and others. 
- 9** Recognize that you are doing the best you can. 
- 10** Avoid judging others—know they are doing the best that they can. 
- 11** Recognize that life will never entirely go back to normal. Think in terms of “when things open up more.” 