

Mental Health and Wellness Update May 29, 2020 (Update to [Mental Health](#))

Most of us have been home for more than 2 months, adapting to staying home and figuring out how to work and live within our new parameters. We've become expert cooks, teachers, puzzlers, videogamers, etc. And now, as our nation begins to reopen, we must determine how and when we will join the new normal. At Intelligent Partnerships, we remain committed to providing you with resources to get you through this continued time of national crisis.

Take Stock of Your Mental State

- **How are you Feeling?** If you're not feeling quite yourself, you're not alone. [Almost half of adults](#) in the United States say that the COVID-19 pandemic has negatively affected their mental state. Social isolation, loss, anxiety, and feelings of instability are all common.

If you or someone you know is feeling suicidal, please call:

National Suicide Prevention Lifeline: 1.800.273.8255 or visit suicidepreventionlifeline.org

PsychHub has partnered with a number of mental health organizations to create [a free resource hub](#).

If you would like to talk to a mental health professional, consult with your health insurance company to find one. If you do not have health insurance, the [Substance Abuse and Mental Health Services Administration](#) (SAMHSA) can help you find resources to help you. The Anxiety and Depression Association of America (ADAA) offer another [list of resources](#).

Continue to Practice Self Care

In any event, exercising your mind and body is integral to maintaining a healthy lifestyle, especially in the aftermath of a pandemic. WebMD [suggests](#) that people:

- ◆ Try to eat and sleep well.
- ◆ Try to stay socially connected, even if you can't see others in person.
- ◆ Limit news and social media.

Here is a [list of apps](#) that can help you practice self-care right from your phone.

When You Do Decide to Go Outside, Make Sure You Are Comfortable

The Anxiety and Depression Association of America (ADAA) advises that one of the best ways to ease worry and anxiety is to [take action](#). If you are worried about getting COVID-19 when you leave your house, wear a mask and gloves and carry hand sanitizer. Make sure that you continue to practice social distancing. Follow all CDC Guidelines.

The ADAA also recommends engaging in stress reduction activities, such as:

- ◆ Guided Meditation
- ◆ Yoga
- ◆ Exercise
- ◆ A Gratitude Journal

Try to Remain Positive

The Mental Health Match [suggests](#) using positive affirmations to help shift negative thinking patterns. Here are some that they recommend:

- ◆ "I will not stress over things I cannot control."
- ◆ "It's okay that yesterday felt like a hard day."
- ◆ "All of my feelings are okay."

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Intelligent Partnerships brings decades of experience helping clients in diversity management, strategic engagement, and workforce development. We encourage our partner organizations to prioritize our community's health and safety and remain an available resource. Should you have any questions or need policy design and implementation support, please feel free to contact me or our team at

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www.ipartnerships.net

Respectfully,

Daniel Villao
Chief Executive Officer
Intelligent Partnerships, Inc.

Sources and Resources

National Suicide Prevention Lifeline

1.800.273.8255
suicidepreventionlifeline.org

Mental Health Resources

<https://www.mentalhealth.gov/>

CDC

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

PsychHub

<https://psychhub.com/covid-19/>

Substance Abuse and Mental Health Services Administration

<https://www.samhsa.gov/find-help/national-helpline>

Anxiety and Depression Association of America

<https://adaa.org/finding-help/telemental-health>

