Boost Your Mental Well-being

Keep these tips in mind to prioritize your mental well-being during these uncertain times. If you have concerns, contact your doctor or a mental health professional.

Create and stick to a schedule.

Spend time outdoors, if possible.

Use technology to connect with loved ones.

Don’t obsess over the news.

Focus on only the things you can control.

Get a good night’s sleep.

Practice gratitude and positivity.