

# Six Tips to Maintain Mental Well-Being During COVID-19



## Keep a Routine

One of the best things that you can do to preserve your mental well-being is to stick to a routine. For example, if you're used to going to the gym before work, try to wake up early and get an at-home workout in before you go to work or start working at home. Maintaining as much normalcy as possible with your daily routine can help keep your mood as lifted as possible and prevent boredom and distress from taking over.

If you have school-aged children, then creating a routine for them is also important. Implement a structured schedule for them. Whether they are practicing virtual learning with their schools or if they are just at home, they will know what your expectations are. Try to limit screen time as much as possible, and incorporate learning activities throughout the day.



## Get a Good Night's Sleep

This goes hand-in-hand with sticking to a routine. While you're at home, it can be easy to go to bed or sleep in later than you typically would. Breaking your normal sleep routine can have negative effects on your overall mental well-being, so try to stick to your typical sleep schedule.



## Spend Time Outside

Unless health officials give explicit instructions to stay home no matter what, try to get outside periodically throughout the day. This could involve going out in your backyard or taking a walk around the block, but it shouldn't include going to a busy park or other areas where groups of people may be.

Being outside also helps to promote higher levels of vitamin D, which the body makes when skin is directly exposed to the sun. Many people are deficient in vitamin D. Exercising outside can be a great way to correct that.



## Step Away for a Moment

You can easily become overwhelmed during COVID-19. While it is important to stay aware and informed during this time, you should not put all your focus on the pandemic. For example, instead of monitoring the news all day from home, consider checking for updates once in the morning and once at night.



## Leverage the Power of Technology

When in quarantine or self-isolation, feeling lonely is common. Fortunately, advancements in technology have made it easy to connect with others without having to be in physical contact with or in close proximity to them. Use technology to reach out to loved ones to reduce feelings of loneliness and anxiety, and to supplement your social life while you're quarantining or social distancing. If you're feeling down, use video-calling technology or social media to get in touch with friends and family.



## Practice Positivity and Gratitude

Taking five minutes a day to write down the things you're grateful for has been proven to lower stress levels and can help you change your mindset from negative to positive. While you're quarantining or social distancing, it's important to build time into your routine to practice positivity or express gratitude to improve your mindset and boost your mood.

Your mental well-being plays a huge role in your physical health and well-being, and it should be prioritized. These six suggestions may help you maintain your mental well-being during a quarantine but shouldn't be considered medical advice.

If you have concerns about your mental well-being while you're in quarantine, please contact your mental health professional or use the Substance Abuse and Mental Health Services Administration's national helpline by calling 800-662-HELP (4357). You can also find more information on their website at [www.samhsa.gov](http://www.samhsa.gov).

For more information or to file a grievance, please contact:

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