

After 13 months of stress related to COVID-19, it seems appropriate to contemplate how to manage stressful situations. Although vaccines are currently being distributed, it doesn't mean your mental health is suddenly fine. **Here are some tips to help you cope.**

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Exercise, exercise, exercise.

Physical activity boosts endorphins and lowers stress.



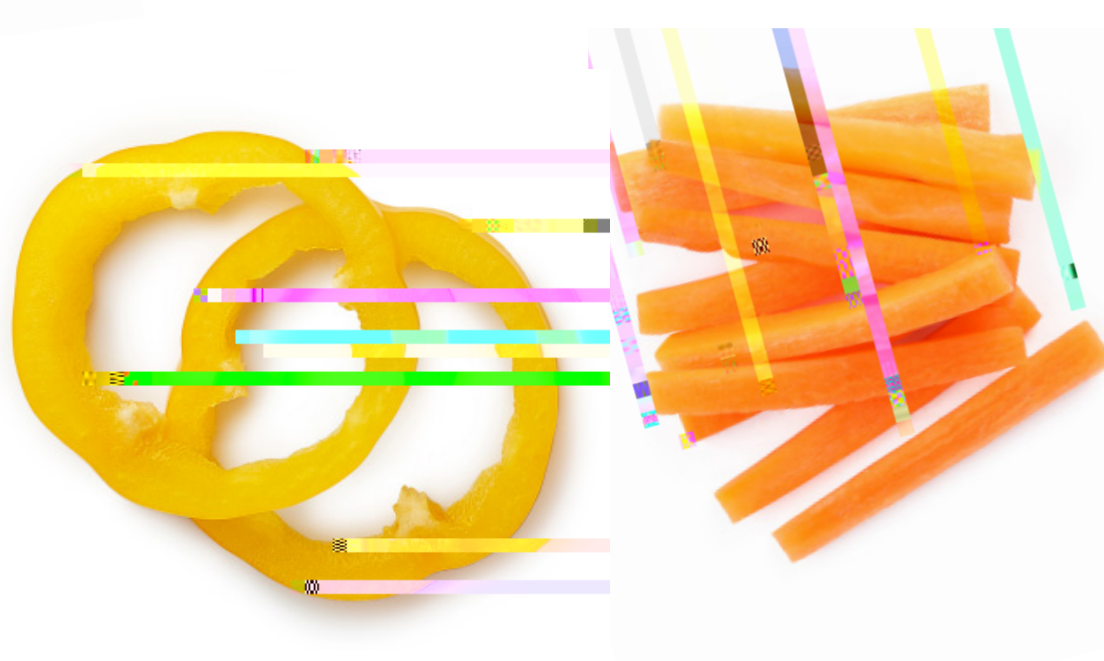
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Go to bed early and put away the devices.

Getting enough sleep is key to lessening stress, and looking at your phone in bed won't help you fall asleep.



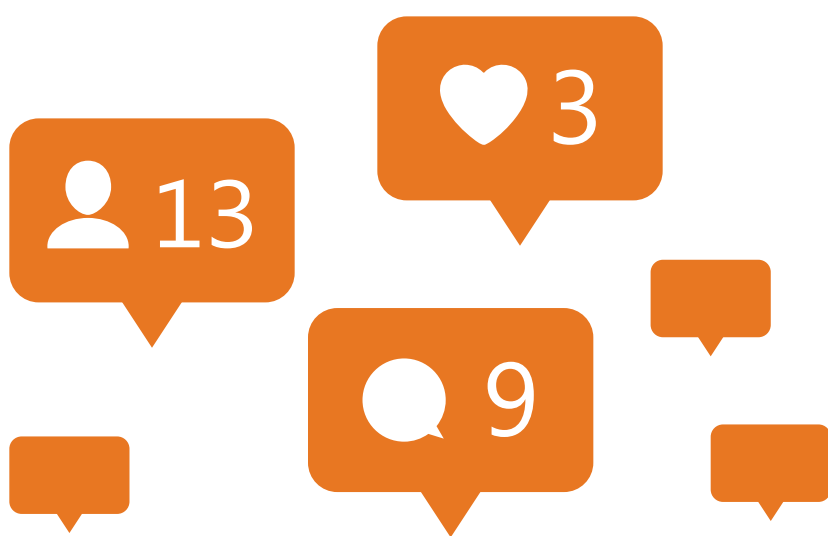
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Choose veggies.

Junk food may make you feel better in the moment, but vegetables support overall health.



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Go offline.

Skipping news and social media for a few days will calm your brain.



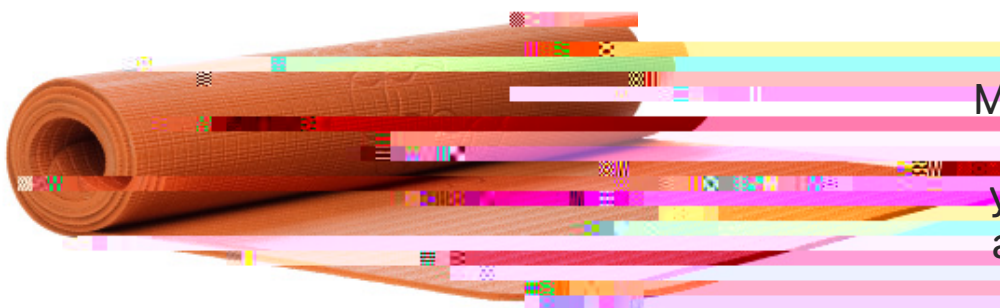
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Call to stay connected.

Talking with your friends and family can make a difference to your mental health.



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Breathe.

Meditation, yoga and simple deep breathing exercises will lower your blood pressure immediately and may help you gain control of your emotions.



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Get help if you need it.

If you have suicidal thoughts, seek immediate emergency medical care by dialing 911 or calling the National Suicide Prevention Hotline at (800) 273-8255.

You'd see a doctor if you had a broken bone, right? Treat your mental health with the same care. Schedule an appointment today with a mental health professional. The Psychiatry care team at Weill Cornell Medicine is here to help you successfully manage your mental health and cope during challenging times.