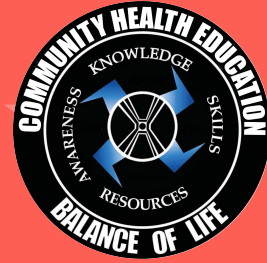




How Are you Feeling Today?

Any questions, Contact
Community Health
Education Program
520-562-5100



During COVID-19, there have been many who have dealt with grief, from losing a loved one, or dealing with stress from social isolation or even financial problems. Many behavioral and emotional issues have increased since the beginning of 2020 such as domestic violence, substance use, depression and anxiety. But how have you been feeling? Here are some ways to help you live a healthy lifestyle, mind and body.

1



Acknowledge how you're feeling

Take time to care for yourself.

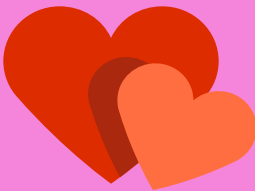
2



Exercise at least 10 minutes a day and create healthy eating habits

Exercising improves your brain function and mood.

3



Create a daily routine to increase feelings of control

Do 3 things that you love every day. As a result, gratitude will help you sleep better.



5



Seek help from a professional if you are feeling overwhelmed

GRIC CRISIS HOTLINE

1-800-259-3449

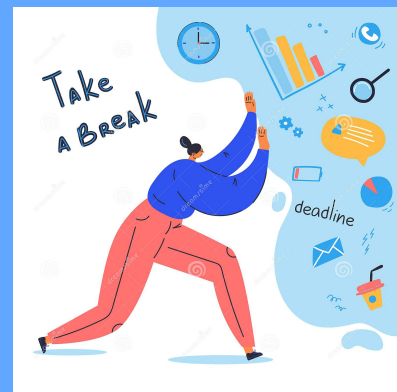
COVID Anxiety and Stress Helpline

(602) 528-7122

GRHC Behavioral Health

(602)528-7100

4



Take breaks

Take a calming breath.
A five-minute break can make a difference and prevent burnouts.