

YOU Matter!

Coping During COVID-19 and Beyond

If you have not been feeling like yourself, you are not alone. Millions of people around the world experience different levels of sadness, stress and anxiety every day. The pandemic has made this worse.

Don't allow embarrassment, stigma or fear of being misunderstood get in the way of reaching out for help.

You are worthy and you matter.
There's strength in reaching out for help.



Remember to...

- Be kind to yourself
- Talk to someone
- Discuss concerns with your doctor

And that...

- It's OK to say you're not feeling like yourself
- Help and hope is available

Having a plan is important. What are some things you can do to take care of yourself?

I plan to take care of myself by...

Emotional/Behavioral Change

Physical Activity

Spiritual

When I'm _____, I will _____.

My support system

Reminders

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To learn more: www.msm.edu/ncrn