

BEHAVIORAL & FINANCIAL INSIGHTS

Preserving Your Mental Health

The challenges we face today are unique and significant. The Coronavirus has unleashed uncertainty, economic pain, and shelter-in-place isolation for much of the population. Any one of those factors alone can impact our mental health; the combination of all three can wreak havoc on our mental state.

It is completely normal to experience feelings of loneliness, fear, and anxiety during these unprecedented times. However, what we tell ourselves and what actions we take can either alleviate or intensify negative emotions. We may not be able to control our initial feelings, but we are able to control our internal dialogue.

We can protect our mental health by focusing on things we can control. There is no sense worrying incessantly about the things we cannot control. By accepting our circumstance as fact, we can then figure out how to make the most of it. Finding joy isn't so much about the situation we find ourselves in, as it is the perspective and actions we choose to take.

Having a positive attitude and choosing to act, rather than to be acted upon, supports a healthy mindset. Below are a number of attitude-enhancing actions that may be helpful in keeping a healthy mindset:

- Think purposely about today – accomplish something each day
- Continue your daily habits and routines to the extent you are able
- Use this as a unique opportunity to spend time with family
- Exercise, walk, or stretch – get the blood flowing
- Do something for someone else
- Turn it off! Take a break from the news and from social media
- Appreciate the simple things in life – count your blessings

One of the most powerful ways we can feel good about ourselves is to think selflessly by performing an act of kindness. Such acts can be as simple as sending a note, dropping off groceries for someone in need, or checking in with someone and lifting their spirits. Whenever we reach out to others in this way, we seem to be the ones that benefit the most.

We are all experiencing this surreal situation together. This too shall pass.
In the meantime, stay healthy – both physically and mentally!

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