

HEALTHY AT HOME

Practice positive psychology principles (PERMA):

It's natural during a pandemic to feel nervous, anxious and uncertain. This can be exacerbated when quarantined. Maintaining your mental health is just as important as maintaining your physical health.

o POSITIVE EMOTIONS

Practice optimism and focus on things that make you happy

o ENGAGEMENT

Take part in activities that engage your mind

o RELATIONSHIPS

Even if you can't be face to face, be sure to connect with others.

o MEANING

Remember why YOU are important

o ACCOMPLISHMENTS

Set realistic goals and achieve them

Ask for help whenever you need it:

- o [Optum Emotional Support Line](#)
- o [211 COVID-19 Services](#)
- o [CDC Stress & Coping Resources](#)



MENTAL HEALTH EDITION


AssuredPartners

CHECK OUT THIS

ARTICLE OFFERING EASY TIPS TO HELP YOU MAINTAIN YOUR MENTAL HEALTH DURING THE CURRENT CORONAVIRUS QUARANTINE.