How will I go back to work with our new school schedule? I’m stuck.

COVID Support VT offers self-help tips, resources, and a way to connect to existing mental health and community services.

**What to do now**

- **Practice mindfulness.** Take deep breaths, stretch, or meditate.
- **Eat well.** Try to eat regular, well-balanced meals.
- **Exercise.** Get some physical activity daily.
- **Connect.** Spend time communicating with family and friends every day.
- **Follow a sleep schedule.** Give yourself time to get a full night’s sleep.
- **Avoid alcohol and drugs.** They might make you feel better in the short-term, but they can make it harder for you to physically and mentally manage stress.
- **Manage pre-existing conditions.** Follow your treatment plans for pre-existing conditions.

**I need support**

- **Don’t be silent.** Talk with a trusted friend or family member who can help. Isolation only makes stress worse.
- **Call your healthcare provider** if stress gets in the way of daily activities for several days in a row.
- **Connect with your mental health provider** to discuss ways you can cope.
- **Talk with your faith based leader.**
- **Call 2-1-1** to learn about community resources near you.
- **Find your local community mental health center** for 24/7 support at www.vermontcarepartners.org/intake-and-crisis-lines.

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Promoting mental health and wellness for all

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