



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](http://www.vermontcarepartners.org/intake-and-crisis-lines).