10 TIPS FOR

Mental Wellness for Essential Workers

> "When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.'"
>
> —Fred Rogers

Thank you for being one of the helpers.

1. Eat well, sleep well, get fresh air.

2. Practice deep breathing.

3. Reach out to others with a kind word. Supporting others helps you.

4. Savor small positive moments when they arise.

5. Create a safe space that has nothing to do with COVID-19.

6. People want to help you right now. Let them!

7. Make time for friends and family. Social connections are healing.

8. Be kind to yourself. It's okay to feel whatever you feel.

9. People all around the world are thinking of you and thanking you. Let their gratitude wash over you.

10. Reach out to talk. Call:

NYS Emotional Support Helpline
1-844-863-9314

NEW YORK STATE | Office of Mental Health