

After 13 months of stress related to COVID-19, it seems appropriate to contemplate how to manage stressful situations. Although vaccines are currently being distributed, it doesn't mean your mental health is suddenly fine. **Here are some tips to help you cope.**

▼ **Exercise, exercise, exercise.**

Physical activity boosts endorphins and lowers stress.



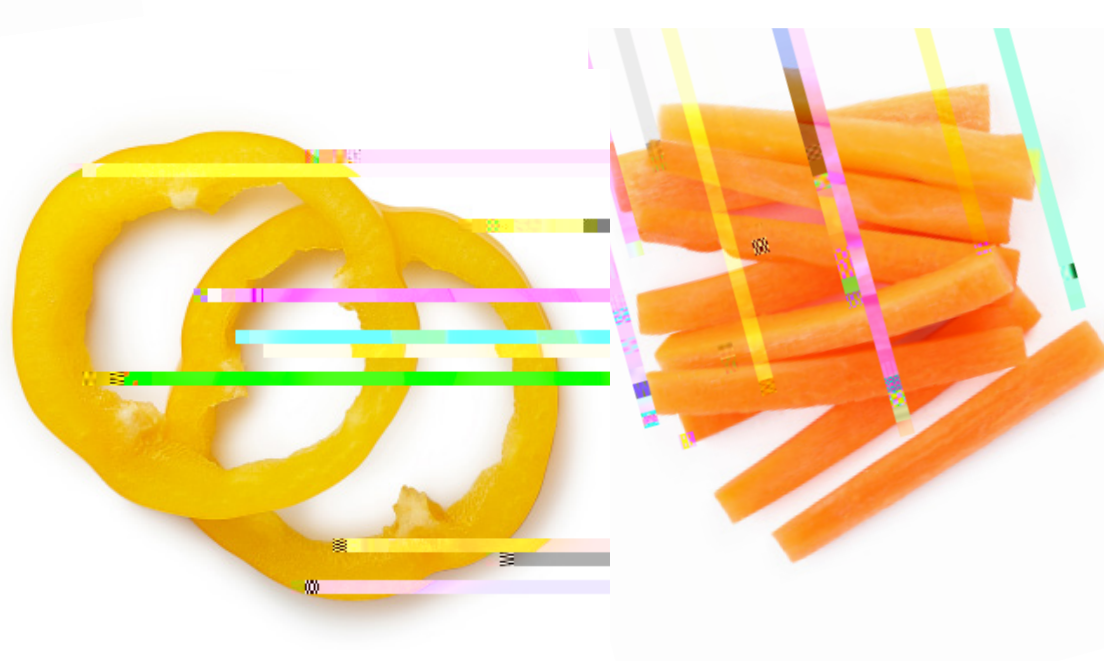
▼ **Go to bed early and put away the devices.**

Getting enough sleep is key to lessening stress, and looking at your phone in bed won't help you fall asleep.



▼ **Choose veggies.**

Junk food may make you feel better in the moment, but vegetables support overall health.



▼ **Go offline.**

Skipping news and social media for a few days will calm your brain.



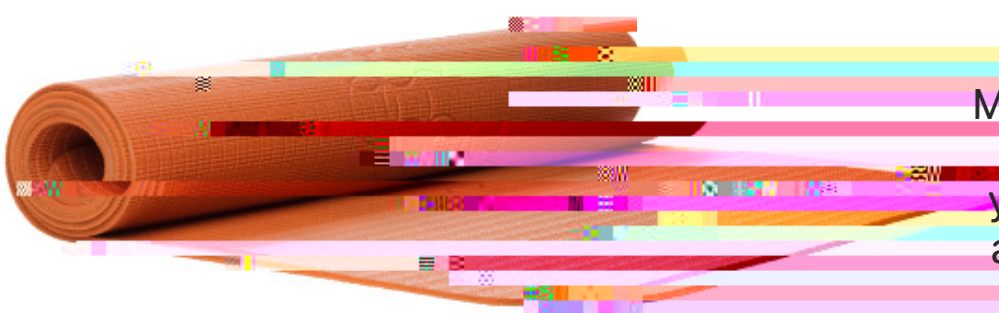
▼ **Call to stay connected.**

Talking with your friends and family can make a difference to your mental health.



▼ **Breathe.**

Meditation, yoga and simple deep breathing exercises will lower your blood pressure immediately and may help you gain control of your emotions.



▼ **Get help if you need it.**

If you have suicidal thoughts, seek immediate emergency medical care by dialing 911 or calling the National Suicide Prevention Hotline at (800) 273-8255.

You'd see a doctor if you had a broken bone, right? Treat your mental health with the same care. Schedule an appointment today with a mental health professional. The Psychiatry care team at Weill Cornell Medicine is here to help you successfully manage your mental health and cope during challenging times.