



\*My original website Embry Health, permanently closed down the business and their website so I will continue with their competitor Banner Health

Social Media Mockup Post-



# Mental Health Tips after the COVID-19 Pandemic



By: Leyna Slivka

As we continue to navigate life after the COVID-19 pandemic, it has become more known to prioritize not only our physical health, but also our mental health as well. The pandemic has definitely brought upon difficult challenges, from social isolation to anxiety about health and safety. It is important to continue to take proactive steps to protect and support our mental health, even if there's not a pandemic.

Let's take the time to review some great tips from mental health expert Dr. Lillian Owens.

## Tip #1 Acknowledge Your Feelings:

It's normal to feel different emotions after dealing with a global crisis. What the pandemic has taught us is it's important to acknowledge and [validate your feelings](#). Whether you are feeling sad, lost, tired, fearful or anxious, getting the support you need from a friend or family member is okay and crucial.



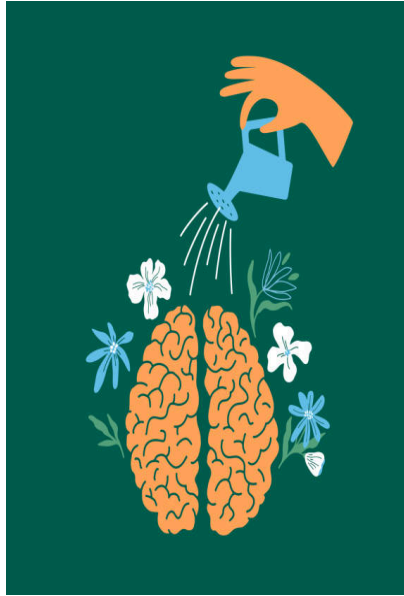
## Tip #2 Establish a Routine:

When it comes to getting on the right track sometimes all you need is a standard routine. Take time to create a normal routine of habits you notice yourself doing, jot them down and set goals to incorporate in your routine. Having a checklist of tasks can help you get a sense of normalcy.

## Tip #3 Limit Media Consumption:

It's time to set some time restrictions on your apps! While social media can be fun, start limiting your [daily time limit](#). You will start to notice you will be more in tune with your body. Spend some more time with friends and family or just get social!





#### Tip #4 Stay Connected:

Reach out for support when you need it and offer support to others in return. Staying connected after a global pandemic can be a great time to catch up with friends or loved ones. After keeping distance, catch up with a quick phone call, facetime, or send a letter in mail!

#### Tip #5 Practice Self-Care:

Taking care of your mental health is just as important as caring for your physical health. Engage in activities that promote relaxation and well-being, such as exercise, meditation, mindfulness, or hobbies you enjoy. Prioritize self-care practices that nourish your mind and set new goals for yourself!

#### Tip #6 Seek Professional Help:

If you are struggling with persistent feelings of anxiety, depression, or distress, do not hesitate to seek help from a [mental health professional](#). Many therapists and counselors offer services online, making support accessible from the comfort of your home. Remember, reaching out for help is a sign of strength, not weakness.



#### Tip #7 Practice Gratitude:

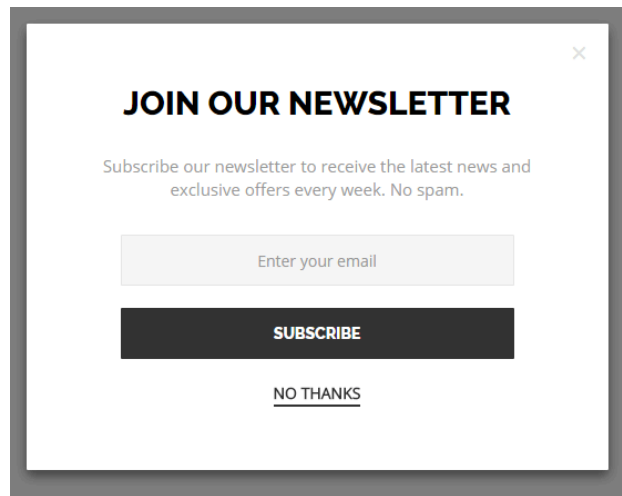
After facing times of uncertainty and challenges, creating a sense of gratitude can help shift your focus to the positive aspects of your life. Keep a journal, and reflect on moments of joy, kindness, and resilience. Expressing gratitude can help create a sense of hope after facing difficult times.

After navigating the impacts of the pandemic on our lives, it is so important to prioritize our mental health and wellness. By using some of these tips and seeking support when needed, we can gracefully move through times of challenge. Remembering that you are not alone, and help is available is crucial. Make sure to take care of yourself and those around you.

## Additional Helpful Resources:

- [CDC Mental Health](#)
- [Don't Forget to Clean These Common Household Items](#)
- [Long COVID: 5 Big Questions Answered About Post-COVID Syndrome](#)

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A screenshot of a newsletter sign-up form. It has a white background with a dark grey border. At the top right is a small 'x' icon. The title 'JOIN OUR NEWSLETTER' is in bold black text. Below it is a line of smaller text: 'Subscribe our newsletter to receive the latest news and exclusive offers every week. No spam.' There is a light grey input field with the placeholder text 'Enter your email'. Below the input field is a dark grey button with the word 'SUBSCRIBE' in white. At the bottom is a link that says 'NO THANKS' with a red underline.

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# How Pandemic Communities Shaped our Daily Lives



By Leyna Slivka

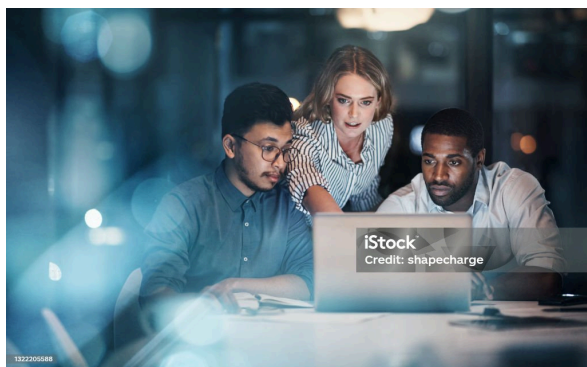
The [COVID-19 pandemic](#) has brought about unprecedented challenges and disruptions to our daily lives. After we continue to navigate past the global crisis, one positive to reflect on is the power of community

## Ways we stayed connected...

**Mutual Support:** Communities around the world and across the US have come together to support one another. Some organize food drives for those in need, or offer a helping hand to providing face masks. Acts of kindness and generosity have been a positive outcome from the pandemic. The pandemic has reminded us of the importance of caring for one another and lending a helping hand when it is needed most.



- Acts of Kindness

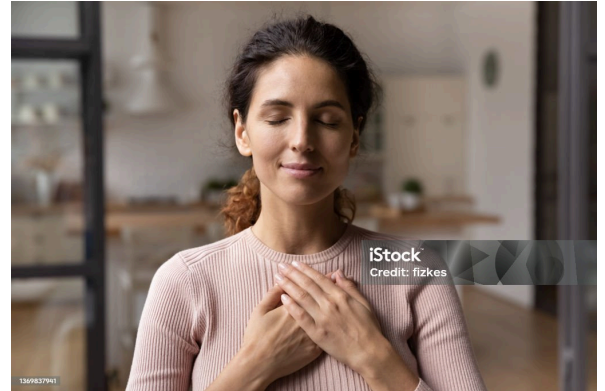


**Virtual Connections:** While missing out on face to face interactions, technology has been able to let us stay connected virtually. Instagram allowed us to watch movies and shows together and gyms began offering free online classes.

- The Power of Technology

**Local Initiatives:** Communities have come together to [support local small businesses](#) and initiatives impacted by the pandemic. Community members began ordering takeout from local restaurants, “shopping small”, and local.

- Supporting Small Businesses



**Emotional Support:** The pandemic has allowed us to care more about our mental well being. Taking time to reflect on how the pandemic forever changed us.

- Prioritizing Our Mental Health

**Celebrations:** Celebrating in new ways was a fun and unique way the pandemic has brought communities together! From [drive-by graduations](#), birthday parties to online concerts, the celebrating didn't stop.

- Drive-by Graduations and Birthday Parties

The power of community has restored faith in humanity during challenging times.

## Additional Helpful Resources:

- [Does COVID-19 Increase Your Risk of Stroke?](#)
- [Should Physical Therapy Be Part of Your COVID-19 Recovery?](#)

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