Emotional wellbeing During Covid-19

The uncertainty of the pandemic has increased the intensity of many of our emotions. Everyone has their own unique challenges and there is no perfect solution, but you can try some of these tips to help manage some of the emotions you may be feeling.

If you're feeling unproductive
- Don't compare how you're doing on the inside to how others seem to be doing on the outside
- Recognize that you're trying your best and that others may have different emotions and/or resources than you
- Remind yourself that it takes more time and energy to do everyday tasks during the pandemic
- Prioritize cognitive and emotional balance
- Frequently check in with yourself – try to notice difficult experiences that are normal and healthy for this strange time

If you're feeling sad
- Give yourself permission to do so – remember that there's no right or wrong way
- Talk to supportive others or write about your feelings to understand the why
- Develop and act on a plan to reduce the downward mood spiral – reward yourself for taking action steps
- Try meditation or other mindfulness activities to engage yourself in the present moment
- Practice letting go of things you can't control
- Help others
- Be patient with yourself in your healing process

If you're feeling exhausted
- Know that chronic stress and worrying can deplete your energy
- Validate yourself – remember that change is exhausting
- Avoid comparing yourself to others

If you're feeling angry or frustrated
- Recognize that this is a natural response to the stressors caused by the pandemic
- Notice when you feel angry or frustrated towards others
- Step back and see that everyone has their own challenges and responses
- Take a few deep breaths to calm down before before responding or reacting
- Be patient with yourself and others by using a calm tone
- Try minimizing your anger through exercise or calming activities
- Practice "acting opposite" when you feel angry or frustrated

Tips for managing screen fatigue
- Blink often and use eye drops when your eyes feel dry
- Try the 20–20–20 rule to give your eyes a break: every 20 minutes, look at something 20 feet away for at least 20 seconds
- Match your screen brightness to that of your room
- Reduce eye strain by increasing the contrast on your screen
- Schedule your screen time when it's most optimal for you

Want to know more? Check out these resources from Emory, Mayo Clinic, CU, and AAO.