

# COVID-19 & SAD\*

## TIPS FOR MANAGING YOUR MENTAL HEALTH IN WINTER

\*Seasonal Affective Disorder

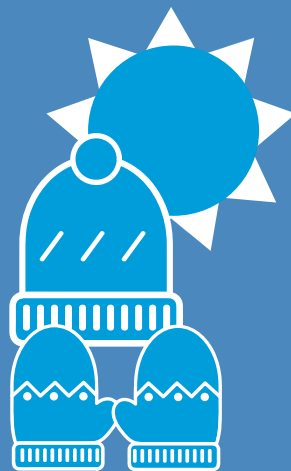
### TIPS FOR MANAGING SAD

Consider getting a SAD light and use it daily.



Take a daily vitamin D supplement.

Go outside every day, even if it's only for a short time.



## GENERAL TIPS

### TAKE CARE OF YOUR PHYSICAL HEALTH

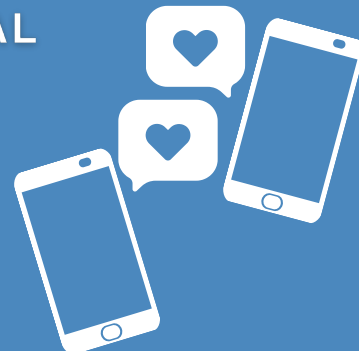


- Exercise.
- Eat healthy foods.
- Get enough sleep.



### MAINTAIN SOCIAL CONNECTIONS

- Especially with people you lean on and trust.
- Even if it's virtually.



### FOCUS ON WHAT YOU CAN CONTROL

FOCUS HERE

Things you can control.

Things that matter.

### TRY MEDITATION

- Use an app like Insight Timer or Calm.



### DO SOMETHING TO HELP SOMEONE ELSE

- Find ideas and volunteering opportunities from the [Whatcom Volunteer Center](#).



**Get help if you need it.**

Call your doctor or a [mental health professional](#).



Whatcom County  
**HEALTH**  
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