



MAY TIP SHEET

While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health. For those dealing with a chronic health condition and the people who care for them, it can be especially important to focus on mental health. Because of **COVID-19 and social distancing – it is even more important to prevent the onset or worsening of mental health conditions, as well as chronic conditions like heart disease, diabetes, and obesity.**



Focusing on both the physical and mental health concerns can be challenging – but critically important in achieving overall wellness. **Living a healthy lifestyle may not be easy but can be achieved by gradually making small changes and building on those successes.**

If you are not physically present with your loved ones, be sure to check-in with them through video chats or telephone calls and be mindful of early warning signs and symptoms that indicate someone might be showing signs of a mental health condition.

Having a combination of symptoms (not just one symptom) that last longer than a few weeks may indicate that you or a loved one should contact their doctor or a mental health provider.

HERE ARE SYMPTOMS TO LOOK OUT FOR IN YOURSELF OR A LOVED ONE:

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|  | Problems with concentration, memory, or ability to think clearly |  | Feeling overly worried |
|  | Changes in eating such as loss of appetite or overeating |  | Feeling sad, empty, hopeless, or worthless |
|  | Not being able to complete school or work tasks |  | Sensitivity to sounds, sight, smell, or touch |
|  | Loss of interest in activities that are normally enjoyable & withdrawal from others |  | Irritability and restlessness |