

FEELING ANXIOUS OR DEPRESSED? YOU'RE NOT ALONE. HERE'S HOW TO COPE

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our partner, [MeMD](#)

If you're struggling to stay positive, motivated, and hopeful in current conditions, take a moment to recognize that you aren't alone. You can also use the following strategies to remain in tune with your mental health.



Maintain personal connections

Face to face contact with loved ones is something many of us are craving, but it's now harder to achieve it safely. However, it's still important to make an effort. Continue calling your loved ones to check in, host video calls with your friends, or send handwritten letters to an old pal. Finding small ways to keep personal connections and social interactions in your life will take focus away from feelings of loneliness in isolation.

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Your thoughts carry you wherever you want to go. Negative thoughts don't have the energy to carry you far.

Quotes sourced from [Self By Design](#)

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August's Book Recommendation

First, We Make the Beast Beautiful

by Sarah Wilson

In *First, We Make the Beast Beautiful*, Wilson directs her intense focus and fierce investigating skills onto her lifetime companion. She reads widely and interviews fellow sufferers, mental health experts, philosophers, and even the Dalai Lama, processing all she learns through the prism of her own experiences. Practical and poetic, wise and funny, *First, We Make the Beast Beautiful* is a small book with a big heart. It will encourage the myriad souls who dance with this condition to embrace it as a part of who they are, and to explore the possibilities it offers for a richer, fuller life.

Spend time doing something meaningful

It's easy to focus only on bad news in times of crisis, but this will merely continue to feed anxiety and depression. Instead, invest your mental energy into meaningful activities that help you feel good. Meaningful doesn't have to mean big. Simple activities like baking a cake, cleaning the house, reorganizing your bedroom, or tending to an herb garden can help you feel more productive and positive. If you're not in a creative mood or you haven't quite found the motivation for a new project, try watching a funny movie or calling a friend. Spending time laughing and distracting yourself from bad news can help re-energize your mind and body.

Don't avoid your personal care

Finding yourself skipping showers, living in your sweatpants, or binging on junk food isn't out of the ordinary in these tough times. Still, you should keep a routine with your personal care, since this will help you gain a sense of normalcy. You may also need a little help getting there. If it's simply a challenge to get out of bed, don't hesitate to reach out for professional help. Even if your therapist does not offer online services—or if you've never seen a therapist at all—you can find help utilizing telepsychiatry and online therapy.

Donate to those in need if you can

Doing good for others can help you feel good about yourself. You may not be able to get out and volunteer, but you might find that donating to local charities can give you a mental boost knowing that you're doing something good for your community. If you don't have spare funds to donate, there are still small ways you might give back. Offer to do the grocery shopping for your elderly neighbor, drop off a few rolls of toilet paper at another house on your street, or put a message of positivity on a lawn sign outside your house.

Go outside (while keeping your distance)

Taking a walk, riding your bike, or going out for a jog are all simple ways to tend to your mental health. These activities not only help you get moving, but they will bring you outside to enjoy some sunlight and hints of nature. Even if you live in a crowded cityscape, seeing the sky and getting a little sunlight will help you feel like you've recharged your batteries.

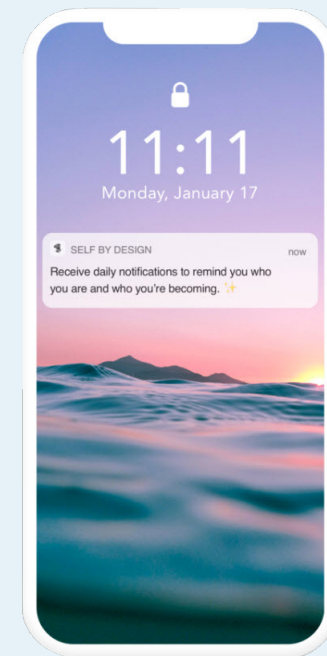
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Cognitive Health & Wellbeing with Self By Design

Integrated into the **NexGen EAP Mobile App**



Integrated into our NexGen EAP mobile app, [Self By Design](#) is a mindset app created to support you in becoming the best version of yourself. Rooted in neuroscience and psychology, this app was designed to keep you inspired and motivated to work towards your wellness goals with curated collections of inspirational quotes, affirmations, and the ability to create your own powerful visual reminders to keep you on track.