

COPING WITH CHANGE

FEEL YOUR FEELINGS

Grief is natural. Everyone deals with it in their life, and most people are dealing with it right now in some way.

PRACTICE MINDFULNESS

Try laying down, closing your eyes, and focusing on your breathing, or go for a mindful walk (pay close attention to the sounds, smells, and sights).

KEEP UP NORMAL HABITS WHEN POSSIBLE

Figure out what you can do to keep some things the way they were before COVID-19 hit, like waking up at a certain time every day.

THINK AHEAD

Brainstorm some fun virtual events (like an online game night) for the next few weeks and make a list of other things you want to do.

STAY CONNECTED

Plan a virtual game night with friends or send friends funny memes more often. It's not the same as hanging out, can help you feel less alone.

LEARN MORE AT

[MENTALHEALTHMN.ORG/NEWS/BACK-TO-SCHOOL/](https://www.mentalhealthmn.org/news/back-to-school/)

MENTAL HEALTH Minnesota

