

Coming Out of The Pandemic:

What's Next for our Mental Health?



This has been a difficult year for everyone. Anxiety, depression and substance misuse have doubled in one year, affecting more than 40% of the U.S. population. And we know the effects of the pandemic will be long-lasting. As we look forward to the future after COVID, we need to be aware of and care for our emotional health as well as our physical health. Give an Hour encourages everyone to:

Take Stock of Your Emotional Wellbeing

- o Allow yourself to pause and reflect
- o Sort through observations and experiences you've had over the past year
- o Carefully think about your feelings

Learn the Five Signs of Emotional Suffering

- o Personality Change
- o Uncharacteristically Angry, Anxious, Agitated, or Moody
- o Withdrawal or Isolation from Other People
- o Poor Self Care and/or Engaging in Risky Behavior
- o Overcome with Hopelessness and Overwhelmed by Circumstances

Practice the Healthy Habits of Emotional Wellbeing

- o Take Care of You
- o Check-in with yourself and with others
- o Engage and Connect Wisely
- o Relax
- o Know the Five Signs of Emotional Suffering

Join us Today by visiting www.giveanhour.org

