



Women's Health Awareness Transforming Communities by Enhancing Women's Health



Issue 1: April 3, 2020

You Are Not Alone: Practice Physical Distancing and Social Connectedness

YOU ARE NOT ALONE! The Women's Health Awareness community is here to help you find the most up to date information to protect yourself and your family.

HOW TO CARE FOR YOURSELF WHILE PRACTICING

PHYSICAL DISTANCING

- EAT HEALTHFULLY** 🍏
to keep your body in top working order.
- EXERCISE** 🏃‍♀️
Workout at home or take a solo jog around the neighborhood.
- PRACTICE RELAXATION THERAPY** 😌
Voluntarily tensing and relaxing muscle groups can help you relax voluntarily when feeling overwhelmed or anxious.
- LET LIGHT IN** ☀️
Increased exposure to light can improve symptoms of depression. Open the shades and let more sunlight in.
- BE KIND TO YOURSELF!** 🙋‍♀️
Treat yourself with the same compassion you would a friend.
- STAY CONNECTED** 💬
Stay connected to loved ones with phone calls, text messages, video chats and social media.
- MONITOR MEDIA CONSUMPTION** 📺
Balance media consumption with other activities you enjoy.

LEARN MORE AT [MHFA.ORG](https://www.mhfa.org)

*Information provided in the Mental Health First Aid curriculum.
*Mental Health First Aid is managed, operated, and disseminated by the National Council for Behavioral Health.

MENTAL HEALTH FIRST AID USA **NATIONAL COUNCIL FOR BEHAVIORAL HEALTH**

If you are feeling stressed or nervous during these days of social isolation, you are not alone.

Take care of yourself while practicing physical distancing.

1. **Eat healthy.** to keep your body in top working order.
2. **Exercise.** reduces symptoms of depression and anxiety and keeps your body in top physical condition, whether we're working out at

home or taking a solo jog around the neighborhood.

3. **Practice relaxation therapy.** Focusing on tensing and relaxing muscle groups can help you relax voluntarily when feeling overwhelmed, stressed or anxious.

4. **Let sunlight in as it boosts the body's vitamin D levels and increases serotonin levels.** For some people, increased exposure to sunlight can improve symptoms of depression and help you sleep better. Open the shades and let more sunlight in, sit in the sun for a few minutes during the day, take a walk on a sunny day while practicing physical distancing.

5. **Be kind to yourself!** Treat yourself!!! Take a relaxing bubble bath or give yourself a pedicure! Give yourself the same compassion as you would a friend.

6. **Stay connected.** Even if you cannot get together face-to-face, you can stay connected to friends, family and neighbors with phone calls, text messages, video chats and social media. If you are feeling lonely, sad or anxious, reach out to your social support networks. Share what you are feeling and offer to listen to friends or family members sharing their feelings. We are all experiencing this scary and uncertain time together.

7. **Monitor media consumption.** While you might want to stay up-to-the minute with COVID-19 news, too much exposure can be overwhelming. Balance media consumption with other activities you enjoy, such as reading, cooking or listening to music.

Reference: National Council for Behavioral Health, MHFA.org, March 2020

If you or someone you care about is in a crisis and feels overwhelmed with emotions like sadness, depression or anxiety, there is help.

For support or help, you can contact the Substance Abuse and Mental Health Services Administration's ([SAMHSA](#)) [Disaster Distress Helpline](#) at **800-985-5990**, or the [National Suicide Prevention Lifeline](#) at **800-273-8255**.

If you or others you know want to harm themselves or others

CALL 911.

Fast Facts!!!

- **Why is physical distancing a must?** Many individuals can carry the novel coronavirus without showing any of the typical symptoms of COVID-19: fever, dry cough, and shortness of breath. But these asymptomatic or only mildly ill individuals can still shed virus and infect others. For additional information please:



[Click Here](#)

- If you are an essential worker on the frontline, **how do you protect yourself from COVID-19?** The National Institute of Environmental Health Sciences (NIEHS/ National Institutes of Health (NIH), Worker Training Program has a training site for workers on the front lines of this pandemic. Learn how to protect yourself, please go to this website for important safety information:



[Click Here](#)

- **Have clinical trials started for COVID-19 vaccine development?** The National Institute of Allergy and Infectious Diseases (NIAID) / NIH, is currently implementing a clinical trial of an investigational vaccine to address the COVID-19 pandemic. The vaccine trial started on March 16, 2020. For additional information please:



[Click Here](#)

This communication was developed by the Office of Human Research Compliance, Clinical Research Branch, National Institute of Environmental Health Sciences.

For additional information regarding Women's Health Awareness,
please contact

whad@niehs.nih.gov or 919-541-3852.

Lead Sponsor: National Institute of Environmental Health Sciences (NIEHS),
Clinical Research Branch, Office of Human Research Compliance

Co-Sponsors: Durham Alumnae Chapter of Delta Sigma Theta Sorority Inc.,
Durham Alumnae Delta House, Inc., and North Carolina Central University
Department of Public Health Education