

Take Care of Yourself! (Especially Now)

The
MIGHTY

1 Be gentle with yourself.

You may be overwhelmed by the media and noise around you. Maybe you're fearful because you're immunocompromised, in a high-risk group or love someone who is. Perhaps you're trying to stay occupied (or occupy your kids) while you're at home. Be patient with yourself as you adjust to new changes in your routine and life.

2 You're doing the best you can with what you've got.

There's no manual for navigating a new normal. Remember to give yourself credit for all of your small wins, and to forgive yourself when things don't go as planned. After all, you're doing the best you can with what you've got (and everyone around you is too).

3 If you need support, please know help is out there.

You don't have to go through this alone. If you're feeling lonely, scared or suicidal, there is hope. You can reach the Crisis Text Line 24/7 by texting "START" to 741-741. Or you can call the National Suicide Prevention Lifeline 24/7 at 1-800-273-8255. To find local or international resources, visit TWLOHA.com/find-help.



The Mighty is a safe, supportive community for people facing health challenges as well as the people who care for them. Connect with others who understand what you're going through on themighty.com or by downloading **The Mighty** app.