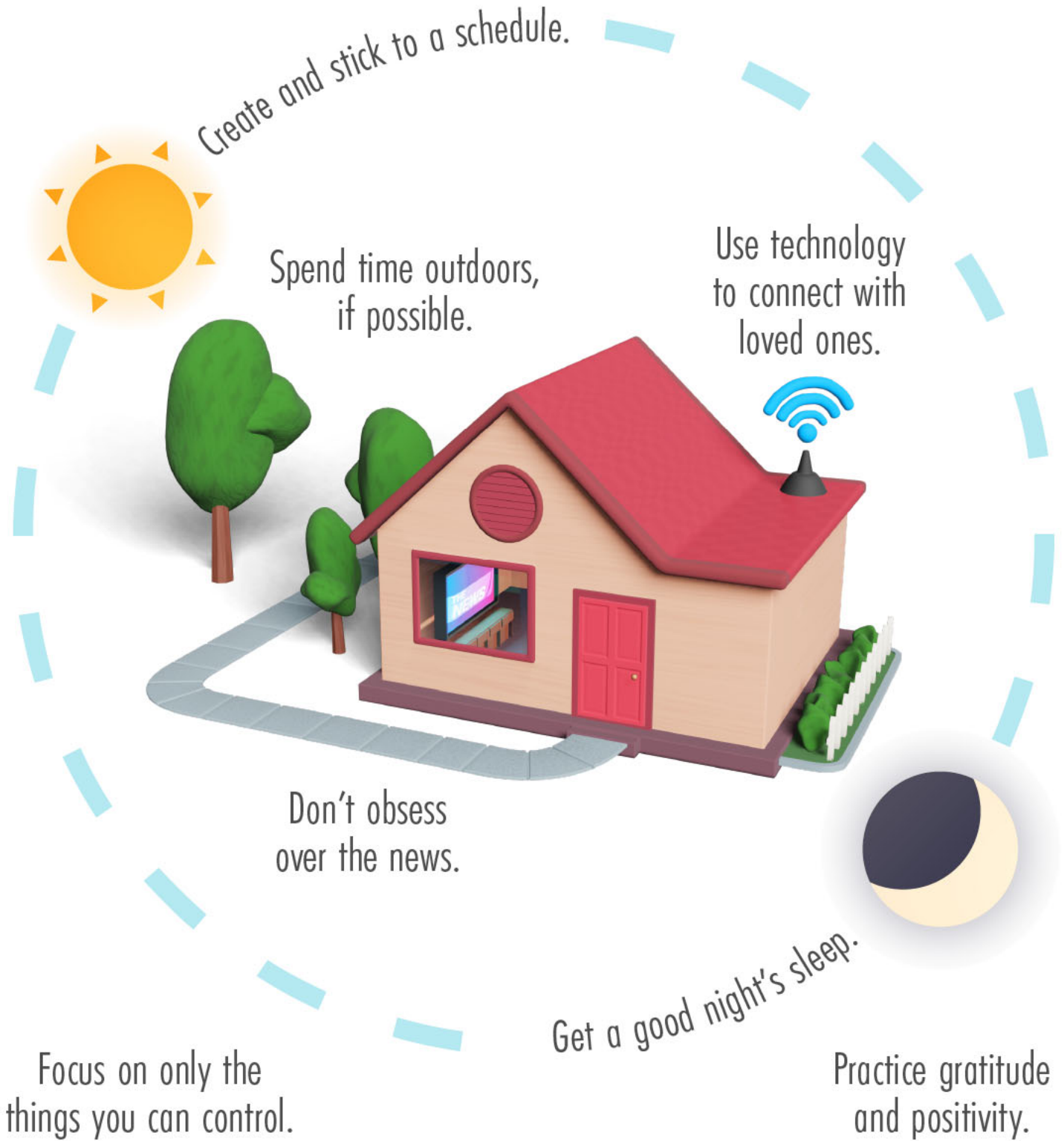# Maintain Your Mental Well-being During Quarantine

To prevent the spread of coronavirus disease 2019 (COVID-19), states across the nation have asked that you stay home. While following these orders is essential for your health and the health of your loved ones, quarantining can have negative effects on your mental well-being.

Create and stick to a schedule.

Spend time outdoors, if possible.

Use technology to connect with loved ones.

Don't obsess over the news.

Get a good night's sleep.

Focus on only the things you can control.

Practice gratitude and positivity.

By keeping these tips in mind, you can prioritize your mental well-being during these uncertain times. If you have concerns about your mental health, please contact a mental health professional.