

# boost your mood

## Tips to improve your mood during difficult times.

#HealthyMindsPhilly  
#mindPHL

### Get Support

Basic help can make a big difference.



- Ask for a hand with pressing tasks if you're overextended.
- Get emotional support. Sharing your frustrations or venting can release tension and help you move on.
- Consider professional help if you need it.

### Youth Wellness

Children of all ages want to know: Am I safe? Are my caregivers safe? How will this affect my daily life?



- Talk with kids about COVID-19, violence and other traumatic events; listen for fears and address concerns.
- If you notice a change in behavior (excessive worry or sadness, unhealthy eating or sleeping, or trouble concentrating) contact a pediatrician or mental health specialist for assistance.

### Caregiver Wellness

Caregivers should take care of themselves mentally and physically.



- Eat healthy meals, exercise regularly, and get enough sleep.
- Find ways to relax and take breaks. Five-minute breaks reduce stress.
- Find support from people who understand. You can join a support group or talk with friends and family who are also caregivers.

### Community Wellness

Recent events have deeply impacted the wellbeing of Philadelphia communities.



- You are not alone!
- The community becomes the safety net in tough times. Check on neighbors, family, and friends who may need support.
- For support to help cope with community trauma, email [NetworkOfNeighbors@phila.gov](mailto:NetworkOfNeighbors@phila.gov).

Sources: CDC, HealthyChildren.org, and Mhanational.org

For more tips and resources for individuals, children, young adults, families, and communities, visit [DBHIDS.ORG/BOOST](https://www.dbhids.org/boost)