COVID-19\* and the events of the past year have brought on extraordinary amounts of stress. It is no surprise that a [recent study](https://www.cdc.gov/mmwr/volumes/69/wr/mm6932a1.htm) showed that many Americans are now grappling with at least one mental health or substance abuse problem.

Conditions such as depression or anxiety are real, common, and treatable. And recovery is possible. ***If you think you may have a mental health condition, take this free, online quiz:***

<https://screening.mhanational.org/screening-tools/>

***8 tips to improve and protect your mental health:***

1. Get enough sleep – Most adults need 7‒9 hours of sleep to feel their best.
2. Exercise – Find something you enjoy that you can easily fit into your day.
3. Eat well – Choose mostly whole, unprocessed foods to boost your mood and energy.
4. Meditate – Just 10 minutes a day can help you feel less stressed and anxious, and more relaxed.
5. Talk it out – Call a friend or family member, or find a therapist: <https://screening.mhanational.org/content/how-do-i-find-therapist/>
6. Limit alcohol – Drinking too much can make you feel more depressed and anxious. For help, check out these free resources:
   * The Alcohol Experiment™ – <https://learn.thisnakedmind.com/the-alcohol-experiment-registration>
   * SMART Recovery – <http://www.smartrecovery.org/community/>
   * Alcoholics Anonymous – <https://aa.org/>
7. Organize a small space – Cleaning out a drawer or closet can be incredibly calming.
8. Take a hot shower or bath – Literally wash away the stress of the day.

\* For the most up-to-date COVID-19 information, visit [Hennepin County,](https://www.hennepin.us/residents/emergencies/covid-19) [Minnesota Department of Health](https://www.health.state.mn.us/diseases/coronavirus/index.html), or the [Centers for Disease Control and Prevention](https://www.cdc.gov/coronavirus/2019-ncov/index.html).