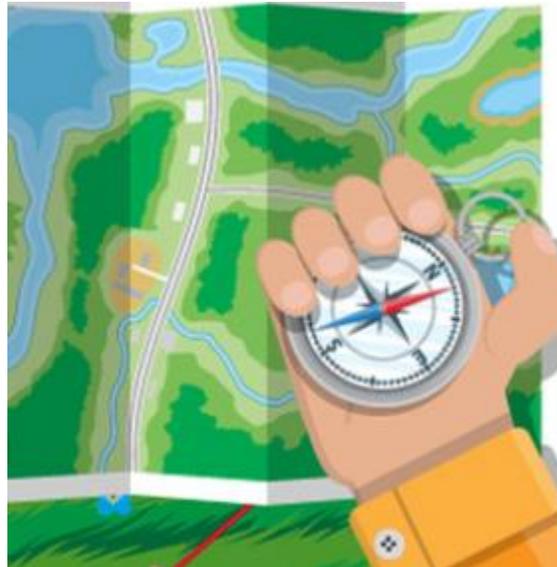


## Mental well-being ideas for during a pandemic

All these principles are from cognitive behavioral therapy (CBT), behavioral activation (BA), interpersonal therapy (IPT), Dialectical Behavioral therapy (DBT) and mindfulness.

I would encourage you to practice on a **daily basis**, regardless of whether you feel you need them or not!

Think of **MAPS**, yes that's right, **MAPS - Mastery, Altruism, Pleasure and Silence.**



An activity of **mastery** such as cleaning your room, task for work from home. It will allow you to feel a sense of accomplishment. It will help the current feeling for some that every day was wasted with nothing to show for it.



An activity of **altruism** is to do something good for another person. This can be small or large, such as giving a call to a loved one. Giving service can help you relieve emotional distress in a couple ways. It will help get your mind off of the problem at hand and, we feel good about ourselves when we help someone else, and that in itself can help you deal with stress.



Activities of **pleasure** are also essential. When we have low mood and energy, you may perceive that activities are not going to be enjoyable, but doing things that used to be enjoyable is still important as “faking it” can eventually lead to actually enjoying it. Push yourself to try!



Having some **silence** on a daily basis is important to get away from the constant background noise out there. A constant state of noise and stimulation will increase adrenaline levels and your “fight or flight” system stays turned on.

Think of the opposite of this as “Rest and digest” which is when the parasympathetic system. When this dominates, healing and regeneration occur. The body performs activities like digesting, detoxifying, eliminating, and building immunity. Daily periods of silence will help turn this **on**.

