



Dear State of Missouri Team:

During these times, it is important to prioritize our emotional health as it is our physical health. The past couple months may have caused stress and uncertainty, as well as challenges to each of us in different forms. This week, Missouri started to slowly regain some normalcy as more people started going back to work and more businesses reopened their doors. Since life will not go back to “normal” with the flip of a switch, it is important to recognize the need to look after your emotional health.

Here are some tips to maintain your emotional health year-round, but especially now:

- **Have a routine.** Keep up with daily routines as much as possible, or make new ones.
 - Get up and go to bed at similar times every day.
 - Keep up with personal hygiene.
 - Eat healthy meals at regular times.
 - Exercise regularly.
 - Allocate time for working and time for resting.
 - Make time for doing things you enjoy.
- **Social contact is important.** Keep in regular contact with people close to you by telephone and online channels.
- **Alcohol and drug use.** Limit the amount of alcohol you drink, or don't drink alcohol at all.
- **Screen time.** Be aware of how much time you spend in front of a screen every day.
- **Minimize newsfeeds.** Try to reduce how much you watch, read or listen to news that makes you feel anxious or distressed. Keep informed but not overwhelmed.

It is easy to get stuck in a rut while staying at home. Limited activity, eating unhealthy food and feelings of loneliness are common struggles that many are facing right now. It is important to counter these struggles with healthier options, otherwise they can worsen our overall well-being and make us more susceptible to illness.

For more ideas about staying healthy at home visit the World Health Organization's [#healthyathome](#) webpage.

Thank you all for the incredible work you do to help our fellow Missourians navigate through these difficult and unprecedented times.

In good health,

Dr. Randall Williams

Director, Department of Health and Senior Services

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