



## PROTECTING YOUR MENTAL HEALTH

A large part of anxiety comes from wanting to control a particular situation but being unable to. As news about the COVID-19 outbreak continues to dominate almost every aspect of our lives, many of us may feel helpless about what will happen or what we can do to prevent further stress—risking our mental health.

Mental health refers to our overall emotional, psychological and social well-being. If you are experiencing mental health concerns, your thinking, mood, and behavior could be affected, making you feel more on edge than usual, angry, helpless or sad.

Mental health conditions are far more common than most may think—1 in 5 U.S. adults experience mental illness each year according to the CDC.

It's important to protect your mental health as it can affect your overall health. Here's some things you can do:

- Talk about your feelings when you're feeling troubled
- Treat yourself with kindness and respect, and avoid self-criticism
- Set boundaries and determine what's most important, know that you are only one person
- Take care of yourself physically by exercising, getting enough sleep and eating healthy
- Learn how to better deal with stress by practicing good coping skills

Seeking help is a sign of strength—not a sign of weakness. If you're experiencing mental health concerns, please call the office at 816.319.0731 or reach out via [Spruce](#). We are here ready to listen and offer advice.

## IN CASE YOU MISSED US ON FACEBOOK LIVE

Watch the Pareto Health & Wellness Centers care team while they cover specific topics surrounding COVID-19.

### Staying Active during COVID-19 Pandemic

It's important to keep up with your physical health during COVID-19. Learn ways to incorporate physical activity in you and your family's daily routines with Erin Buckley, our Family Nurse Practitioner at Pareto Health & Wellness at Leawood.



### COVID-19 & Ways to De-stress

We know COVID-19 can cause a lot of stress and anxiety and may even affect your mental health. That's why Dr. Amanda (Mandie) Booth, our family physician at Pareto Health & Wellness at Leawood, discusses ways to help you de-stress.

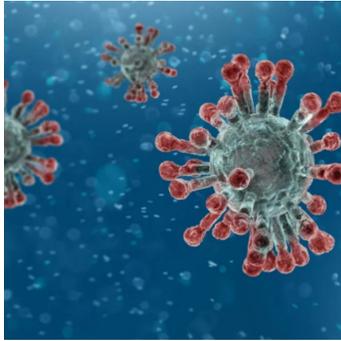




## HIGH RISK PATIENTS & COVID-19

While it is true that anyone no matter the age, race, gender, or health group can contract the COVID-19 virus, there are people who are at a higher risk of contracting and experiencing more severe complications.

[LEARN MORE](#)



## COMMON QUESTIONS ABOUT COVID-19 TESTING

Knowing whether you should get tested for COVID-19 can be unclear. That's why we compiled answers to some of the questions we've been getting from our patients to better help understand COVID-19 testing.

[LEARN MORE](#)



## ADDRESSING MISCONCEPTIONS ABOUT COVID-19

There is a lot of misinformation going around about COVID-19. With social media, people are becoming increasingly susceptible to false and sometimes hazardous information about how to protect ourselves and our families from COVID-19. We are here to help stop the spread of rumors.

[MISCONCEPTIONS Q&A](#)



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