

## **Wisconsin DHS Announces Resilient Wisconsin Initiative**

***April 3, 2020***

The Department of Health Services announced the creation of the Resilient Wisconsin Initiative ([website](#)) on Friday, which provides Wisconsinites with resources to cope with stress and mental health challenges from COVID-19.

DHS recommends that Wisconsinites do the following:

- Get the three goods. That's good-for-you foods, a good night's sleep, and a good amount of exercise every day.
- Stay connected to your support system. Reach out to family and friends, colleagues, and community groups in whatever way you can—calls, texts, video chats, and more.
- Spend time away from focusing on COVID-19. Don't let the pandemic take over what you read, watch, or talk about. And don't be afraid to ask friends and family to talk about something else.
- Reduce anxiety by reducing your risk. Stay safer at home. Wash your hands for at least 20 seconds. Cover your nose and mouth when you cough or sneeze. Stay at least 6 feet apart while running essential errands at the store, pharmacy, or gas station. Knowing you're doing everything you can to stay healthy can help you worry less.
- Check in with yourself. Everyone's reaction to stress is different. Difficulty concentrating or sleeping, irritability, fatigue, and even stomachaches can be normal. But if you find you are overwhelmed or having thoughts of self-harm or suicide, reach out for help right away. Text HOPELINE to 741741 or call the National Suicide Prevention Lifeline at 1-800-273-8255.