

MENTAL HEALTH ADVICE

It's normal to feel fearful and anxious during this time. You may feel sad and lonely sometimes. Staying in isolation may also cause irritation and cabin fever. Following tips may help

TALK

Talk about your feelings it will lessen your distress

BE INFORMED

Be informed by local health authorities and WHO

PHYSICALLY ACTIVE

Be active at home by doing exercise, dancing, playing games. Also get proper sleep.

GET BUSY

Learn new things like cooking, painting, dancing or joining online courses or webinars. Spend time with family.

GET FACTS NOT RUMOURS

Minimize watching, reading or listening to news that cause you to feel anxious or distressed. Amplify hopeful stories and positive images.

BE SOCIAL

Be socially connected via email, phones calls, video calls or social media. Encourage one another to keep doing what they enjoy.

Be kind to your mind

BE SAFE SMART AND EMPATHETIC