

MENTAL HEALTH AND WELLBEING DURING COVID-19 CRISIS



10 Ways to Cope During These Times of Uncertainty



Stay Connected

Talk to friends and family



Focus on Selfcare

Treat mind and body with love and kindness



Limit 'Sensational News'

Stay updated through limited and authentic sources of daily news



Talk about your Emotions

Open up about your feelings with someone trustworthy



Daily Routine

Keeps the mind busy and away from anxiety



Maintain Physical Fitness

Regular exercise for at least 60 minutes



Online Classes

Learn new skills through free online classes if possible



Make a List

Write about one positive experience everyday



Meditation and Yoga

Promote physical fitness and reduce anxiety



Hobbies

Poetry, reading, board games, sketching, music