

TAKING CARE OF YOUR MENTAL WELL-BEING DURING COVID-19

Travel restrictions and social distancing have become a familiar topic in many households – which also make us feel stressed, overwhelmed, lonely and increase anxiety. That is why in such sensitive times, it is important to look after our mental well-being to cope with stress in a healthy way.

Here are a few tips we hope that will help you, your loved ones or a friend to focus on positive well-being.



STAY CONNECTED WITH FAMILY & FRIENDS

Watch a movie with your family or catch up via calls or video chats with your friends and loved ones.



KEEP ACTIVE AND EAT WELL

Our physical health also has a big impact on how we feel. Try to eat healthy, choose a well-balanced diet, consume at least 1.5 litres of water every day and exercise regularly.



STICK TO A REGULAR SLEEP PATTERN

Maintaining a proper sleep cycle is the foundation to your day and mood. So try and catch up on 7–9 hours of sleep every night.



LIMIT ALCOHOL INTAKE AND QUIT SMOKING

Regular drinking and smoking can increase the risk of developing various health problems including liver disease, increased blood pressure, risk of various cancers and heart disease.



THINK POSITIVELY

Having an optimistic attitude can help in easing out negative emotions and reducing stress levels.



MEDITATE

Meditation is proven to improve mental well-being, which can also help with anxiety, emotional reactivity and in staying calm and centered.



DO SOMETHING THAT YOU ENJOY

Learn something new, try new hobbies, listen to music that makes you feel good, try new recipes, play games, dance etc.



KEEP A HEALTHY ROUTINE

Write a schedule that is varied and includes time for work as well as time for resting.



LIMIT YOUR MEDIA INTAKE

Try and limit the time you spend watching, reading or listening to coverage on the outbreak to once or twice a day. Seek the latest information from only trusted sources at specific times of the day.



REACH OUT FOR HELP IF YOU NEED IT

It is perfectly okay to have the lockdown blues. In such situations, do not hesitate to seek professional help if you think you need it.

Disclaimer: The guideline outlined in this document is meant to provide insights in taking care of you and your loved one's mental well-being during COVID-19. We advise you to seek professional guidance if you wish to clarify any section on this document or if you feel the need to take any action based on this document.