



MENTAL HEALTH DURING COVID-19



A GUIDE FOR COPING AND WELLNESS

It is
NORMAL

In times of crisis, we normally feel worried and anxious for our health, work, finances and our loved ones. There are ways to lessen the stress and anxiety in order for us to take care of ourselves and families.



Focus on things you can control. Follow the recommendations of the Department of Health and other local agencies.

- Wash or sanitize your hand frequently
- Clean and disinfect frequently used or touched objects and surfaces in your home and work space
- Practice correct coughing and sneezing
- Stay home if you are sick
- Avoid crowded places
- Practice social distancing



Limit exposure to news and social media to specific hours or times for the day. Heavy consumption may cause distress and anxiety. Avoid arguments and be cautious about fake news.



Adopt a regular routine at home and work. This can give a sense of purpose and order to your day.



Eat nutritious food to maintain good health and boost immune system. Stay hydrated, exercise regularly and sleep at least 6 hours every night.



Set aside time to do things you enjoy. Watch a favorite show, engage in hobbies, listen to songs, dance, pray or do other things that will make you feel good.



Stay connected to friends and family even in the midst of social distancing. Use your devices or online tools to check on each other and share emotional support.



Practice empathy and compassion. Find ways to help those who need support whether monetary or in-kind. Agencies are seeking donations to supply those in need. If you are an employer, check on your employees and find ways to support them.



Reach out to a trusted friend or seek support from mental health/counseling services if you are having difficulties in coping. If you are having trouble sleeping, eating or doing other things, you may inquire for assistance online or thru tele-counseling.

REMEMBER



MAJORITY OF PEOPLE WHO CONTRACT COVID-19 WILL RECOVER.



SCIENTISTS AND EXPERTS ARE CURRENTLY WORKING HARD TO FIND A CURE AND VACCINE FOR COVID-19.



THERE IS HELP COMING FROM GOVERNMENT, NON-GOVERNMENT, AND PRIVATE SECTORS.



WE ARE TOGETHER IN KEEPING EACH OTHER PHYSICALLY AND MENTALLY WELL!