



HSE Bulletin # 85
COVID-19 MENTAL HEALTH DAILY STRATEGIES
Observe Social Distancing — Not Emotional Distancing

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The novel corona virus (COVID-19) has stirred some very strong emotions in us: fear, trauma, grief and anxiety. There are plenty of reasons for this mass panic i.e. loss of lives and livelihoods; economic slowdown, rising health care costs; uncertainty; misinformation, over-information; isolation and separation from loved ones, and so forth. Here are some daily strategies to maintain good mental health during COVID-19 outbreak:



Plan your daily activities: Observe schedule of sleep, exercise, work, meals intake and self care.



Prioritize Self care: Ensure at least eight hours sleep, do deep breathing exercises, meditate, perform prayers, eat balanced diet and maintain fluid intake.



Care for parents and grandparents: To maintain social isolation of parents and grandparents for being at risk of COVID-19 infection does not mean not to connect. Talk to them daily for two to three times so that they do not feel alone.



Reconnect with your family: Talk & engage with your kids. Re assure them about the situation. Understand the world that they are living in if you haven't done that in a while.



Restrict time on social media and news: Limit worry and agitation by lessening the time you and your family spend watching or listening news and updates of COVID-19.



Learn facts from reliable source: Search credible sources such as WHO, CDC, a local or national public health agency website to trust for facts, not for rumors or misinformation



Take time to renew your spirit: Protect yourself and reach out to others in your community for their needs if there is any. Helping others in a safe way is good for you to improve mental health.



Remain Connected: Remain connected with people you care about through phone calls, messages, emails and Skype etc.



Create distractions: Look for online educational resources, videos for routine exercises that can be done at home, read books or listen to music etc.



Reach out for online telemedicine counseling services for any physical and mental health needs.

HEALTH SAFETY & ENVIRONMENT
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