



MENTAL FITNESS DURING COVID 19

WHY DL?

- BY RESTRICTING MOVEMENT AND STAYING AT HOME, WE REDUCE CHANCES OF INFECTIONS SPREADING AND THEREBY SAVING PRECIOUS HEALTHCARE RESOURCES AND LIVES!
- AS RESPONSIBLE RESIDENTS, WE FOLLOW ALL GOVERNMENT GUIDELINES TO HELP FIGHT THIS PANDEMIC TOGETHER.



IDENTIFYING OUR EMOTIONS

WHEN WE ARE FORCED TO SEPARATE FROM FRIENDS AND LOVED ONES, LOSS OF FREEDOM, SCHOOL CLOSURE, WE CAN HAVE A RANGE OF FEELINGS :

- ANGER
- SADNESS
- ANXIETY
- FRUSTRATION OR BOREDOM-BEING CONFINED INDOORS, NOT TAKING PART IN NORMAL ACTIVITIES
- FAMILY STRESSORS- FINANCES, FEELING LIKE YOU DO NOT HAVE ALL THE INFORMATION
- HAPPY ?
- RELAXED?

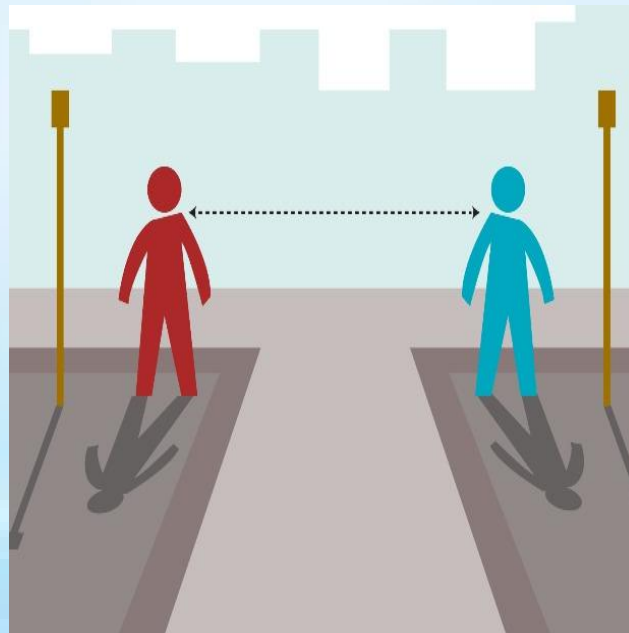


TAKING CARE OF MY HEALTH

- UNDERSTAND THE CAUSE OF YOUR FEARS- TALK TO A TRUSTED ADULT OR FRIEND. ANOTHER PERSON CAN HELP TO GIVE PERSPECTIVE.
- SOMETIMES INFORMATION OVERLOAD CAN TRIGGER FEARS AND WORRIES. MINIMIZE WATCHING RELATED NEWS THAT MAKES YOU FEEL ANXIOUS



- FOLLOW INSTRUCTIONS ON HANDWASHING, USING MASKS, GLOVES, SOCIAL DISTANCING AND OTHER GUIDELINES GIVEN IN BUILDINGS OR LOCALITIES WHERE YOU LIVE



- BUILD HEALTHY HABITS-
HAVE A SCHEDULE FOR
SCHOOL WORK, REST &
EXERCISE .
DELIBERATELY
SCHEDULE IN SCREEN
FREE TIMES FOR
OUTSIDE SCHOOL
HOURS

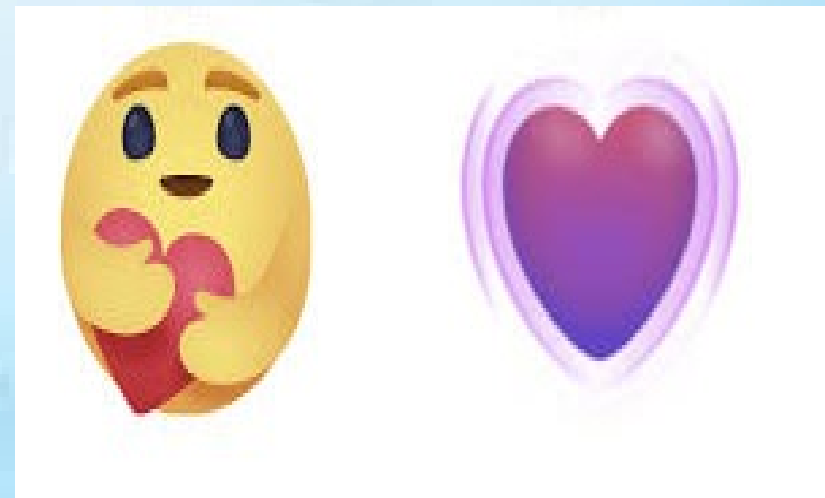


SOCIAL/EMOTIONAL HEALTH

- STAY IN TOUCH WITH FRIENDS AND FAMILY. INITIATE GROUPS TO CONNECT WITH FAMILY FROM AROUND THE WORLD.
- BE AN ENCOURAGEMENT TO GRANDPARENTS/ELDERLY RELATIVES



- PRACTICE ALTRUISM, WHICH IS A SELFLESS CONCERN FOR OTHERS. THINKING AND ACTING ON HOW TO HELP OTHERS HAS A POSITIVE IMPACT ON OUR OWN SENSE OF WELL BEING



- INVEST INTO RELATIONSHIPS WITHIN THE HOME –
- HELP WITH HOUSEHOLD CHORES
- SHARE THINGS YOU ENJOYED DOING DURING THE DAY.
- SHARE THE FRUSTRATIONS TOO!



- PRACTISE AN ATTITUDE OF GRATITUDE- CHANGES YOUR MINDSET WHEN YOU START RECOUNTING THE BLESSINGS YOU HAVE! KEEP A JOURNAL OF THINGS YOU ARE GRATEFUL FOR DURING THIS TIME!
- GRATITUDE IS ONE OF THE HEALTHIEST OF ALL EMOTIONS.. WHEN YOU EXPRESS GRATITUDE, YOU WILL FIND MORE THINGS TO BE GRATEFUL FOR !

