Handling Social Isolation

- Keep yourself busy. Have a regular schedule
- Rekindle your hobbies like painting, gardening or stitching
- Eat well and drink plenty of fluids
- Be physically active. Do simple indoor exercises to keep you fit
- Sharing is caring. Be willing to share if someone needs food or other essentials
- Elderly people may feel confused & lost. Help them get what they need like medicines, groceries, etc.
- If you have children, involve them in household chores to make them feel responsible & to acquire new skills
Focus on Facts, Reject Rumours

- Access only reliable sources of information
- Do not spread or share any unverified news or information
- Stick to the known advice- hand hygiene, maintain social distancing, etc.
- Follow etiquette of sneezing, coughing, avoiding spitting in public places etc.
- Most corona cases are mild which do not require hospitalisation
SAFEGUARDING OUR MENTAL HEALTH IN TIMES OF COVID-19 (3/7)

Handling Emotional Issues

- Feeling lonely or sad is quite common. Stay connected with your family & friends

- Even when feeling afraid, ask yourself these questions:
  - What is under my control?
  - Am I unnecessarily worrying about the worst thing that can happen?
  - When I have been stressed in the past, how have I managed?
  - What are the things I can do to help myself & be positive?
Handling Emotional Issues

- Practice breathing slowly for a few minutes
- Think of something calm & serene
- To calm your mind, count back from 10 to 1
- Discuss happy events, common interests, exchange cooking tips, share music with others
- If loneliness or hopelessness persist, talk about it with someone, contact your doctor or call 080-46110007 for advice
What is Advisable

Avoid tobacco, alcohol & other drugs. Using them can worsen physical, mental health & reduce immunity

Do not stigmatize COVID patients. While maintaining physical distance, remember they need care & concern

If you know someone who might have the infection, inform about precautions, how to get medical assistance

If you are infected, Do not panic. Practice self-isolation & take medications as advised. Remember most people recover
Handling Mental Health Issues

Recognise mental health problems in your near & dear ones

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Be sensitive towards their issues, which may include:

- Changes in sleep patterns
- Difficulty in sleeping and concentrating
- Worsening of health problems
- Increased use of alcohol, tobacco or drugs

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If the problem persist, call 080-46110007 or contact your doctor/mental health professional
Caring for Persons with Mental Illness

- The fears and stress regarding COVID-19 may worsen their previous mental health condition

- Social isolation may make them more withdrawn, moody & irritable

- Support from family members & caregivers is vital as they may not get easy access to medicines & counselling

- Keeping them engaged & positive, following daily routine & taking prescribed medicines regularly to be ensured