

MAINTAIN YOUR MENTAL HEALTH DURING THE COVID-19 OUTBREAK

Always comply with local regulations and guidelines



MAINTAIN YOUR NORMAL SLEEP PATTERN

Adequate sleep can help to reduce worrying and anxiety.



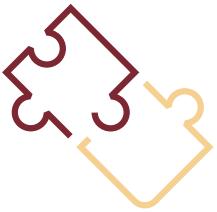
EAT A HEALTHY AND NOURISHING DIET

A very important aspect for maintaining your health in stressful times.



STAY PHYSICALLY ACTIVE

Physical activity can be anything that includes continuous movement such as walking, running, gardening or exercising at home. Prioritize getting out and getting fresh air daily – daylight lifts your mood.



STAY MENTALLY ACTIVE

Keep your brain going by doing different kind of activities. Read, play a game, write, listen to music, watch a movie, or do something creative.



CREATE STRUCTURE IN EVERYDAY LIFE

Create a plan or schedule of activities for the day or week and create new routines, including work you are doing from home.



REMEMBER – YOU MAKE A DIFFERENCE

By staying at home and practicing social distancing you are helping vulnerable citizens. Support and help others in your everyday life.



KEEP IN TOUCH WITH THE OUTSIDE WORLD – DO SOMETHING TOGETHER AT A DISTANCE

Call family and friends, communicate using video platforms, and use social media.



ACCEPT THAT THE CRISIS CAN BE A STRAIN ON YOUR CLOSE RELATIONSHIPS

The unusual situation can put pressure on the relationship with those who are closest to you. Be patient with yourself and others.



RELAX AND TAKE A BREAK FROM THE WORRIES

Limit the amount of time you watch or read news. Select few reliable sources to get news from.



REMEMBER THAT THE CORONAVIRUS IS HIGHLY CONTAGIOUS

Don't blame yourself or others if COVID-19 has been contracted.



TAKE CARE OF YOURSELF

Try to avoid bad habits. Prioritize to do good things for yourself. When you look after yourself, you can better care for yourself and others.

If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or difficulty breathing, call your healthcare provider for medical advice.