

Look after your mental health

- The threat of COVID-19 on our health and livelihood can feel scary and make us stressed.
- Make sure you take care of the mental health of yourself and your family.

Know the facts.

- We are often afraid of the unknown.
- Ignore gossip and fake news – listen to advice from trusted sources.



Have a routine for your day

Structure your day by setting times for sleeping, meals, exercise, work and chores.



Stay connected

- Use social media to check in with family and friends.
- Spend time with the supportive people in your home.
- Find ways to have fun!



Do some exercise every day



Get enough sleep

Take time to relax

- Find a creative or fun activity to do.



- Do a relaxing breathing exercise

Seek help if you need it

- If you are feeling stressed and need someone to talk to, reach out to someone you trust or call a helpline.



WITH COMPLIMENTS