

HOW TO SUPPORT MENTAL HEALTH AND WELLBEING DURING THE EMERGENCY SITUATION

No one can deal with the stress of COVID-19 crisis perfectly but some easy steps can help us stay calm and focused. Here are some suggestions for maintaining your mental health and coping with home isolation during an emergency situation.

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SET DAILY ROUTINES

USEFUL ACTIVITIES

Cleaning the house

Preparing food

Eating at set times

Exercising

PLEASANT ACTIVITIES

Reading

Watching movies

Solving puzzles

Talking with family and friends





Try to focus on the things that you can control – for example, where to get sensible information, how to prepare for various situations.



Avoid constantly thinking about the virus.



Learn and use techniques to relieve stress and anxiety, such as relaxation techniques.



Real problems can be solved using problem solving techniques.

Take care of your physical health and sleep

TRY TO EAT HEALTHY

DRINK ENOUGH WATER

AIR OUT YOUR ROOMS

EXERCISE AT HOME OR, IF POSSIBLE, OUTDOORS, OR JUST GO FOR A WALK

TRY TO AVOID OR DECREASE SMOKING, AS WELL AS ALCOHOL AND DRUG USE

REDUCE YOUR COFFEE INTAKE, TRY TO AVOID DEVICE AND TELEVISION SCREENS IMMEDIATELY BEFORE FALLING ASLEEP

GET ENOUGH SLEEP



A bit of joy in every day

LISTEN TO GOOD MUSIC

WATCH YOUR FAVOURITE FILMS

EXERCISE TOGETHER

**LOOK FOR INTERESTING RECIPES AND
COOK GREAT FOOD TOGETHER**

PLAY BOARD GAMES

ORGANISE SOCIAL EVENTS ONLINE

LEARN SOMETHING NEW.



What is more:

- **Focus intently on what you're doing.**
- **Limit watching the news - find media channels you trust and check them a few times a day at certain set times.**
- **The economy will recover and so will you. If you are worried about your family's financial state or loss of employment, be active in hedging risks.**
- **Talk to your friends and close ones by phone, video calls or on social media.**
- **Have the courage to ask for and seek help when you need it.**
- **Help is out there.**
- **Keep up hope and faith - we can do it!**





A Step forward in Wellbeing in the field of Adult Education– Wellness 2

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