

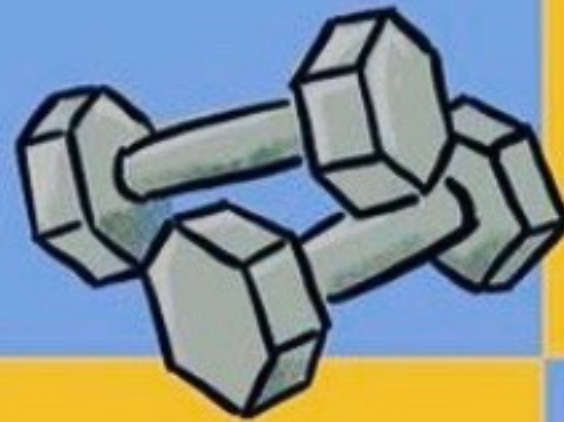
A GUIDE ON

# Mental Health & Wellbeing

DURING QUARANTINE & RESTRICTED MOVEMENT

## Stay Healthy Physically

...and not just about washing hands! Eat as well as you can, get quality sleep, and stay active (walk around, follow some stretching exercise on YouTube, clean your house even!) - strong body leads to healthy mind.



## Routine, Routine

Set up and maintain some routine helps our mind to hold on to some form of normalcy. Try to structure your schedule with a balance of productivity, leisure, and rest, following a fixed time schedule. Don't over-stress yourself by being too strict too!



## Try Something New

...or add some twists to what you like to do! Try new skills or hobbies (origami, writing poems, boardgames etc.) which require minimal resources. Sign up for online classes. Set themes for movie night. (90's comedies, cool-car-chase scene etc.). Be creative!



## Limit News Consumption

It is normal to want to keep up to date with the on-going situation, statistics, government directives and all. But it's very easy to be overwhelmed with this endless stream of information. Set a limit to what you read and talk about the topic everyday.



## Stay Connected

Quarantine and restriction movement order doesn't mean total isolation! Modern technology keeps us connected even when we are physically apart. Perhaps this is a good time to call up a friend whom you've not talked to for some time?



## Don't Be Afraid to Get Help

We might be in a situation of heightened tension where many of us have not faced before - it is okay if you are more affected emotionally by this than others. It's a real concern - and you don't have to face this alone!

