

# 7 Tips For Protecting Mental Health During Coronavirus Period



## Manage your expectations

It is normal to feel sad, stressed, confused, scared or angry during this time. Acknowledge the cognitive and emotional load this pandemic brings. Adaptation will take time. Go easy on yourself. Set realistic goals. Postpone no-essential tasks.



## Manage your stress threshold

Prioritize and maintain a routine of sleep and wake up times, eat well, and do small physical exercises at home. Do not lean on alcohol and drugs for sleeping.



## Know your red flags

Staying at home could be an important opportunity to know your limits. Be aware of the connection between your body and your mind. Practice diaphragmatic breathing to let your body relax and spend less energy and effort to breath.



## Stay in the present

Take each day as it comes and focus on the things you can control. Mindfulness and meditation are very useful to achieve this.



## Let routine be your friend

Establishing and getting used to the new routines is difficult, but not impossible. Try to create clear distinctions between your work-time and non-work time. Do things that are not related to work and the virus. Recognize how flexible you can be when you need.



## Remember to be compassionate

There is much that we cannot control these days. You may feel overwhelmed. Remember to talk to yourself and how you managed to overcome other difficult situations in the past.



## Maintain connections

Do not let social distancing and staying at home disconnect you from others. Call people you have a good relationship with and recognize that it is not only you who feels worried, scared or angry. Feeling and showing solidarity with others is a very important way of maintaining connected.

