



De-stress in Distressing times!

A general advisory on maintaining positive mental health during these trying times!

Maintain a daily routine to the extent possible. Even if you are confined at home, keep yourself busy.



Stay in regular contact with family and friends.



If you have a pre-existing diagnosis of anxiety, depression or obsessive compulsive disorder (OCD) - this can be a stressful time. Link up with a counsellor or healthcare provider on the phone or online.



Spend time with family and engage in play with the family as a whole. Bring down screen time.



Listen to / read information only from authentic sites such as the www.mohfw.gov.in. Avoid reading about the number of cases and don't watch TV news; especially if it makes you feel anxious or fearful.



Use safe open spaces such as your balcony or roof-top terrace to get some 'fresh' air regularly.



If you or a member of your family has a pre-existing chronic mental or neurological condition, and is on medication, ensure stocking up of medication and have access to your psychiatrist on phone.



Do not consume Alcohol.
Give up tobacco consumption!



KEEP CALM
And reach out for help when you need it.

