



Don't Feel S.A.D.!

Dealing with Stress, Anxiety, or Depression

In these past months, if you have been unwell or been in the hospital yourself, or have taken care of someone who was sick, it would have been a highly stressful experience.

It is not unusual to have experienced feelings of:



Stress



Anxiety

(worry, fear)



Depression

(low mood, sadness)

Your mood may be further affected by frustrations about life not returning to 'normal', including getting back to 'work from office'

Managing stress and feelings of anxiety and depression are an important part of our overall recovery, while we are still in these pandemic times.

Take care of your basic needs

• **Get enough quality sleep**

Try to sleep early at night, and wake up to early mornings. Ensure that your environment is free from things that might disturb you, such as too much light or noise. Minimising nicotine, caffeine & alcohol, and adding relaxation strategies, will help you with falling and staying asleep.

• **Eating healthy and sufficient**

This is important for your overall well-being. Focus on a balanced diet and regular meal timings.

• **Be physically active**

This reduces stress and can also reduce the chance of depression. Take small steps gradually and safely increase your physical activity.

Self-care

• **Staying socially connected**

Staying connected is important for your mental well-being. If you are living alone, staying in contact with friends or family on the telephone or online can help you to feel connected and less alone.

• **Do relaxing activities**

Do activities that do not make you too tired, like listening to music, reading, or spiritual practices. Slow breathing also helps to reduce stress and is another example of a relaxation strategy.

• **Gradually increase your involvement**

Gradually increase your daily activities or hobbies to the best of your abilities, as this helps to improve your mood.