



I am OK!

Assess your own well-being and help yourself stay well!!



We have been in this pandemic for more than a year now, with no early end in sight.

Am I really?

Ask yourself "How am I doing today?"

Ask your colleagues, family, and friends too!

Ask how are they holding up! A few kind words of encouragement and appreciation go a long way.



Try to follow a daily routine

Is the pandemic making you feel...

Lonely?

Sad?

Pessimistic?

Angry?

Frustrated?



Don't worry! You are not alone. Many of us feel the same way.



Make time for yourself



Get enough sleep (Do Not stay awake and binge-watch serials online)



Eat all your meals regularly and at fixed times



Avoid alcohol and tobacco



Sleep before midnight and wake up with the sun



Get some physical activity in the day



Reach out to your family and friends to just say 'Hi'



Reach out to a counsellor to discuss your troubles