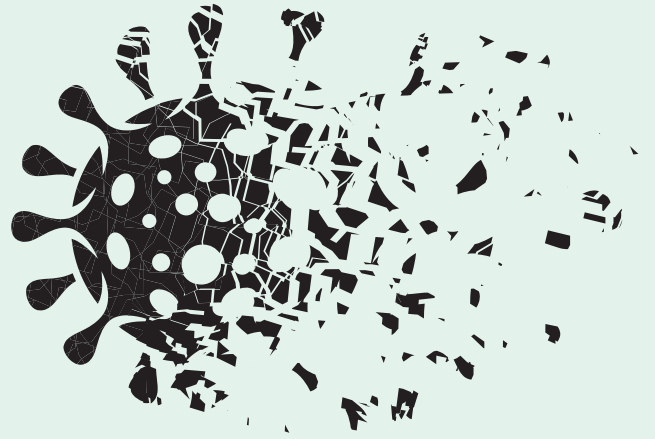


WE CAN OVERCOME!

WE CANNOT CHANGE THE WORLD, HOWEVER, WE CAN CHANGE OURSELVES.



'Lockdowns' whether partial or complete, have been a source of worry and stress for many people. Anxiety can affect how one is coping with the series of lockdowns in these pandemic times.

USE THE '5 Cs' TO EMPOWER YOURSELF

CONTROL



Make a list of things that you are in control of and those that you are not in control of. Focus on what you can control! We can all practice maintaining hygiene, physical distancing, using masks, handwashing.

CARE



Self-care is important. Maintaining a routine, getting some exercise and sleeping well, eating healthy, and avoiding alcohol and tobacco, will help with maintaining our mental and emotional well-being.

CONTINUITY



In a rapidly changing world, it's important to remain anchored in a 'normal' environment. Converse with friends and colleagues regularly and stay in touch with your family.

COMPASSION



Show compassion to others and to yourself. Talk to someone if you are having a difficult time. Be kind to the people around you and look after those who are dependent on you.

CREATIVITY



Investing time in a creative activity or hobby is one of the best ways of taking our minds off all the anxiety and worry that we are experiencing.

COVID Appropriate Behaviour along with vaccine is the most effective weapon against coronavirus and all variants

