



Self-care Tips for Your Psychological Wellbeing during the Coronavirus Outbreak

In the wake of the new Coronavirus outbreak, it is **NORMAL** to feel fearful, anxious and have increased concerns about health.

To help maintain your psychological health in these challenging times try the following 3 steps:



Maintain Your Perspective

- Having an accurate understanding about the virus outbreak helps to alleviate unnecessary anxiety and fear.
- Find out accurate health information from reliable source.



Stay Connected

- Feeling connected is important especially when social distancing strategies are being adopted.
- Call or text people you love to show your care.
- Talk with supportive friends and family about your feelings and let them know your needs.
- Enjoy small talks about little, funny things in life unrelated to the outbreak.



Keep Positive

- Maintain a normal daily routine as far as possible.
- Get enough sleep and rest.
- Stay physically active.
- Eat healthy food and drink enough water.
- Manage things that are controllable.
- Keep your spirits up!

Stay Well!