SELF-CARE & COPING WITH COVID-19

DO

Do your regular prayers and meditation to feel calm and at peace with yourself.

Read books that are about your religious and spiritual beliefs. Reading the Pitaka, Bible, Koran, or stories will give you peace of mind. Share or read these stories with loved ones who cannot read. Reading books with positive messages will keep you motivated and less anxious.

Limit the use of your phone because some false information can lead to stress and anxiety. Avoid long periods of screen time and avoid negative, discouraging messages online.

Start a new hobby. Hobbies offer an opportunity to give your mind a break and provide stress outlets. It increases the connections in your brain and helps you stay present. For example: make handicrafts, play or listen to music, watch a movie, read a book.

Physical exercise to keep your body healthy. Home exercises such as walking in place, up and down steps or a ladder (if you have one), or doing jumping jacks can improve well-being and overall health.

Do breathing exercises to reduce stress and improve our concentration. Begin with a 3 second inhale, 3 second hold and 3 seconds of slowly exhaling.

Eat fruit and vegetables to stay healthy and happy.

Reduce alcohol and nicotine intake and avoid the use of illicit drugs. These can contribute to depression and damage our brain and health.

Think positively. Think of at least 3 positive things that happened to you every day.

Connect and enjoy nature around your house

Spend time with your family and friends through social media whenever you are feeling sad and homesick.