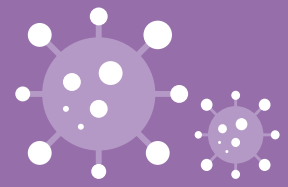


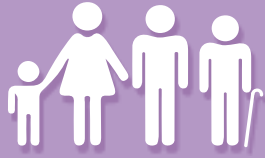
Wellbeing

during novel coronavirus (COVID-19)



Few practical tips

- Create a wellbeing plan for self and family
- Stick to routines or start new ones
- Stay connected
- Engage in hobbies & things you enjoy
- Set up a 'worry window'
- Engage in wellbeing practices



Remember lots of things have not been cancelled

[Read more here¹](#)

Coping with stress

- It is normal to feel sad, stressed, confused, scared or angry
- Don't use smoking, alcohol or other drugs to deal with emotions
- Get the facts
- Gather information that will help you accurately determine risk
- Find a credible source you can trust
- Limit time spent on watching upsetting media coverage
- Draw on skills you have used in past



[Read more here²](#)

Helping children cope with stress

- Children may respond to stress in different ways
- Respond to your child's reactions in a supportive way
- Children need adults' love and attention during difficult times
- If possible, make opportunities for the child to play and relax
- Keep children close to their parents & family
- If separation occurs (e.g. hospitalization) ensure regular contact
- Keep to regular routines & schedules as much as possible
- Provide & explain facts about what is going on now
- Provide information about what could happen



[Read more here³](#)

Tips for work from home with kids

- Get creative with your schedule
- Be up front with your boss
- Stick to a routine
- Use visual cues to minimize interruptions
- Let kids make some choices
- Communicate with your co-workers
- Plan breaks with the kids

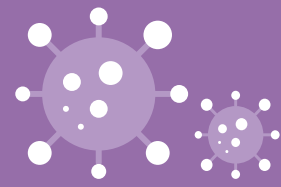


[Read more here⁴](#)



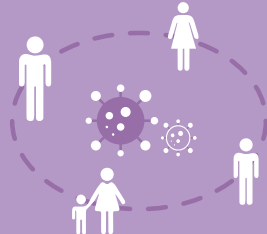
Wellbeing

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Covid-19 and Social Stigma

- Stigma & fear around communicable diseases hamper response
- Facts, not fear will stop the spread of novel coronavirus
- Encourage everyone to use appropriate terminology
- Correct misconceptions by clarifying common myths
- Share sympathetic local narratives & positive recovery stories



Physical distancing and not social distancing is the need of the hour

“We should always be giving the message of physical distancing... social togetherness, which can still be maintained from a physical distance”

Prof. Shekhar Saxena, Distinguished Fellow, The George Institute for Global Health (Ex Director of the Department of Mental Health and Substance Abuse, World Health Organization, Geneva)

[Read more here](#)⁵

Maintaining Your Well Being during a Lockdown

- Take care of your body, your personal time and stick to routines
- Eat healthy
- Do physical exercise or Yoga
- Watch new TV series/shows
- Engage in your favourite activities, hobbies or interests
- Deep breathing, meditation and relaxation exercises
- Be thankful for the positive things, events and people in your life
- Stay connected with your colleagues and managers



References/ Additional Sources

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4. The Muse. 7 tips for working from home with kids when Coronavirus has shut everything Down. www.themuse.com/advice/work-from-home-kids-coronavirus
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