National Institute of Mental Health & Neuro Sciences, Bengaluru
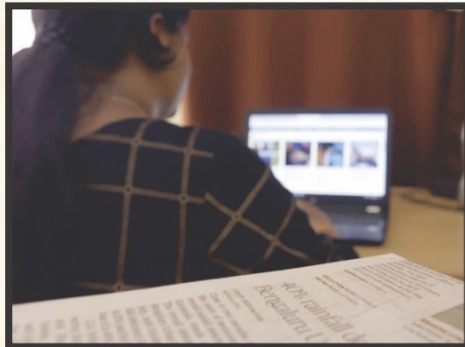## Department of Mental Health Education

BUILDING RESILIENCE AND HOPE AMONG PEOPLE ASSOCIATED WITH COVID-19

The COVID-19 pandemic has been stressful for many people. It is important to stay hopeful and the following are ways to build resilience among the community
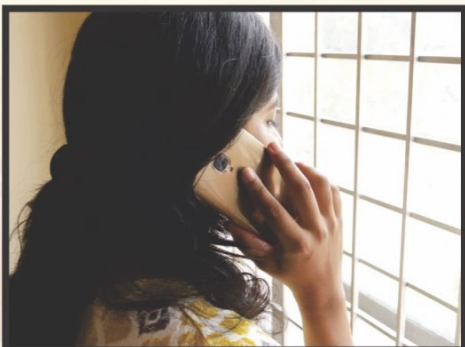
PRE-PLAN TO MEET BASIC NEEDS

Make prior plans and checklists for grocery shopping, important appointments, accessing relief funds if needed to prevent you from making frequent trips outside.

PRIORITISE PHYSICAL AND MENTAL WELLNESS

Have a daily routine of eating healthy, exercising and sleeping adequately to keep your body's immune system strong. Practice relaxation techniques such as deep breathing, yoga or pranayama to maintain good mental health..

DECREASE ACCESSING STRESSFUL SOURCES

Many news sources highlight stress inducing false and misleading information. View programs which are less stressful like music channels, travel, documentaries or movies to reduce stress.

ACKNOWLEDGE YOUR THOUGHTS

Stay aware of your thought process and recognise the reason for such feelings. Accept the reality for what it is and engage in activities that can better the situation. Speak out to someone you trust if you are feeling anxious

STAY CONNECTED

COVID-19 has affected all of us in some way or the other. Connect virtually with your loved ones and others to help each other cope better.

PRACTICE SELF COMPASSION AND GRATITUDE

The current scenario can cause individuals to be self critical. Appreciate your strength and keep reminding yourself of what you have without comparing with others.

Developed & Designed by Department of Mental Health Education

HANDLING STRESS AND ANXIETY ASSOCIATED WITH COVID-19

The unpredictability of the coronavirus pandemic has created a sense of uncertainity and fear in people. This has increased the stress and anxiety among many.

The following are simple ways to handle stress and anxiety associated with COVID-19:

AVOID INFORMATION OVERLOAD

·Gather information from trustable health websites such as that of Ministry of Health and Family Welfare, Government of India and WHO. Avoid viewing too much on TV and social media to maintain positive mental health.

PRIORITIZE YOUR HEALTH

Indulge in a healthy lifestyle with balanced diet and physical activity, to keep your body active.

·REST WELL

Around 7-9 hours of sleep is necessary to maintain a stable mental health. A good night's sleep will assure lower levels of stress.

INVEST TIME IN BUILDING SKILLS

Start hobbies which are stressbusters such as gardening, art, sports etc. They can help in distracting you from worries.

STAY CONNECTED WITH FRIENDS AND FAMILY

Keep in touch with your loved ones and acquaintances through virtual or direct meets with adequate precautions to avoid social isolation.

PRACTICE RELAXATION TECHNIQUES

Relaxation practices like pranayama, yoga and deep breathing exercises can help immensely to reduce your anxiety and stress levels.

VOLUNTEER TO HELP THE NEEDY

Volunteering for any social cause to keep yourself busy is helpful in reducing stress and anxiety.

ACKNOWLEDGE YOUR FEELINGS.

Let these uncertain times help us focus on what is in our hands such as maintaining hand hygiene, physical distancing, wearing mask, balanced diet and having a structured routine etc.