

# PRACTICAL ADVICE ON MAINTAINING HEALTH DURING THE COVID-19 PANDEMIC

## RESILIENCE AND MENTAL HEALTH



### Follow regular schedules

Waking up, dressing, eating, exercising, working, entertainment, and going to sleep.



### Limit caffeine intake



### Establish objectives

For each day as well as for the whole week.



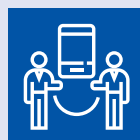
### Try to get solar exposure

If the sun can be viewed from your window, balcony or private garden in accordance with national isolation rules and safe sun guidance.



### Keep well informed

But limit the time spent focusing on COVID-19-related information.



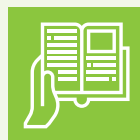
### Stay in contact

With family, friends and colleagues without breaking physical distancing guidance (2 metres or 6 feet is the common physical distancing recommendation).



### Take slow deep breaths

Take slow deep breaths into your abdomen in the morning, before and after exercise and when stressed. Breathe in through your nostrils and concentrate on the temperature of the air as it goes in (cool) and as it comes out (warm). Count the time it takes to breathe in and try to make your exhalation twice as long. This diaphragmatic breathing can help you to remain calm.



### Prioritise keeping your mind active

Reading, writing, playing an instrument, and working on puzzles and playing games.