Dear Friend,

In March 2020, the WHO declared the outbreak of a new corona virus disease, COVID-19, to be a pandemic. Govt. of India and public health authorities around the nation are acting to contain its outbreak. However, this time of crisis is generating a huge stress among all of us. Managing mental health and psycho-social well-being during COVID-19 outbreak is as important as managing physical health. To maintain mental health in the best manner is presented here that can be used to support psycho-social well-being during the outbreak.

Add images and icons relevant to the content.

FollowGovt advisory strictly
*Wash hands and use sanitizers
*Use Hankie/ mask/ cloth on mouth & nose to cover
*Maintain social distance
*Stay at home

Access reliable information
* Avoid speculations
*Use Govt sources

Avoid watching too much news related to Corona
*Watch news twice a day- for limited time
*Avoid overload of information

Be calm & relax
*Do not panic. Use online resources or Govt helplines if required
*Use online resources for relaxing

Use stress management technique
*Do exercise, yoga, hobby
*Plan recreational activity
*Play indoor games
*Listen stories from elders

Take adequate diet & rest (i.e.7-8 hrs)
*Eat healthy diet

Don't think too much about Corona infection
*Keep positive attitude for life
*Have self confidence
*Ventilate your feelings

Stay connected with people
*With mobile/chat room
*With school/ college through apps
*Start online educational class
*Students prepare for entrance exam

Take care of elderly/ pregnant/ children
* Spend quality time with elderly
* Avail special services for pregnant/handicapped/ bed ridden people

Be calm & relax
*Do not panic. Use online resources or Govt helplines if required
*Use online resources for relaxing

Use stress management technique
*Do exercise, yoga, hobby
*Plan recreational activity
*Play indoor games
*Listen stories from elders

Take adequate diet & rest (i.e.7-8 hrs)
*Eat healthy diet

Don't think too much about Corona infection
*Keep positive attitude for life
*Have self confidence
*Ventilate your feelings

Stay connected with people
*With mobile/chat room
*With school/ college through apps
*Start online educational class
*Students prepare for entrance exam

Prepare a new routine for every day
*Organize household affairs/ work from home
*Plan activities for children/ elderly

Don't use substance or self medicate
*Stop using tobacco/ alcohol & consult a doctor for stopping
*Take only prescribed medicine

Get help of mental health professionals
*For psychological distress/ mental health problems
*For symptoms of withdrawal of alcohol/ other substance

Issued by: ISPN INDIA

Indian Society of Psychiatric Nurses (ISPN)
Office of the General Secretary
Dept of Nursing. NIMHANS
Bangalore - 560029. Karnataka
Phone: +91 080 26995352
Email: info@ispnindia.org

Important link:
www.ispnindia.org
www.indiannursingcouncil.org
www.mohfw.gov.in