

Advice on mental health



Get a good night's sleep, maintain a normal circadian rhythm

The less you sleep, the more likely you are to become worried and anxious.



Eat a healthy diet

This will improve your energy levels and your ability to tackle the day-to-day challenges.



Keep physically active

Physical activity can be many things, e.g. gardening or a workout at home. Make it a daily priority to get outside for a walk and some fresh air. Daylight has a positive effect on your mood.



Keep mentally active

Keep your mind busy by doing various activities. Read, play a game, keep a diary, listen to music or do something creative.



Create daily routines

Make a plan for your daily and weekly activities and create routines. If you're working from home, try to stick to your usual work hours.



Remember: You make a difference!

Remind yourself that you are actively contributing to protecting our vulnerable citizens and helping the whole country to slow the epidemic by socially distancing yourself and staying home. Look for ways to support and help out others.



Stay in touch with the world outside - socialise from a distance

Call your family and friends. Use video chat and social media to talk to each other.



Accept that the crisis can put a strain on your close relationships

This unusual situation can put a strain on your relationship with those closest to you. Forgive yourself, and those around you, for the occasional loss of patience.



Relax and take a break from worrying

Limit the amount of time you spend watching and reading the news, and pick a few reliable sources to get your news from.



Do not blame yourself, nor others, for causing infection with COVID-19

Remember, this illness is caused by a virus, not people. The corona virus is very contagious.



Take care of yourself

Avoid bad habits such as irregular sleeping patterns, increased alcohol intake or smoking. Prioritise doing good things for yourself. Only by taking care of yourself, will you be able to take care of others as well.