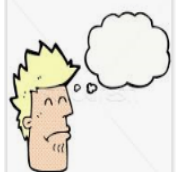


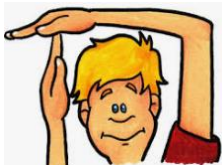
Top tips for coping during C-19



Name how you're feeling – say to colleagues, friends or family or write it down



Breathe. Inhale (4 seconds), Pause (2 seconds), Exhale (6 seconds) and Repeat for 2 – 10 minutes



Take breaks even for 10 minutes. Mix up your activities; try a short walk outside your building, listening to music or mindfulness techniques.



Maintain structure. Each day is different. Making a daily plan can help focus and productivity.



Stay connected. Use “well-being check-ins” or ask for help at work. Call friends and family via Whatsapp or Skype.



Maintain healthy habits. Make healthy food choices, limit alcohol and hydrate often. Prioritize exercise and get outdoors.



Focus on what is in your control – like your thoughts and behaviour. Reconnect with past coping strategies.



Be compassionate towards yourself and those around you.