

WELLBEING DURING THE COVID-19 PANDEMIC



ELDERLY

Remember the elderly in these difficult times. Some of them are house-bound - and it is especially isolating. Ask them if they need any help. Do whatever you can to cheer them up, support them emotionally and give them hope.



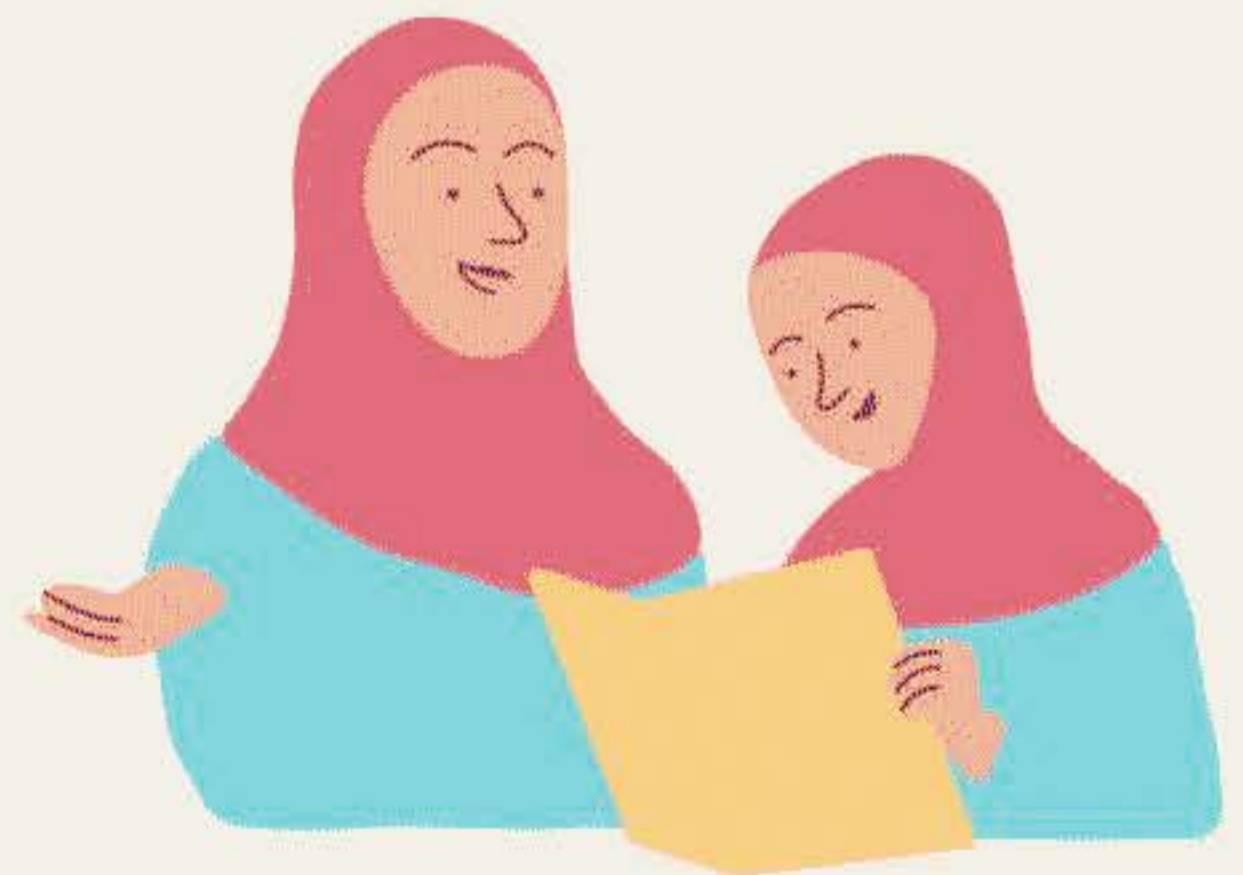
YOURSELF

Take care of yourself. Exercise regularly and get a good night's sleep. Take regular breaks and limit your news intake. Focus on the moments now, there is no point in worrying too much about the future. Remember, it is okay to reach out about your emotions to someone you trust.



FAMILY

We are now spending more time with family due to quarantine. This is a blessing, but at the same time potentially problematic if not managed well. We need to open up good communication channels with our family. Give family members who are acting 'moody' the benefit of the doubt, and help them out.



CHILDREN

Children normally function well with set routines. When you find that your children behave differently, or what you consider 'more difficult behaviour', understand that it is their way of expressing their emotional difficulties. Always be reassuring, and use positive words around them.