



Learn more about COVID-19

1. Understand how COVID-19 works
2. Dispel myths or misunderstandings about COVID-19
3. How we should be behaving
4. Come to terms with impact of COVID-19
5. Build your COVID-19 support team

Build a healthy lifestyle

1. Stay active at home
2. Learn about sleeping better
3. Eat healthily and make mealtimes fun!
4. Practise relaxation, meditation and mindfulness

Do what matters to you

1. Find creative ways of fulfilling your valued goals
2. Balance your activities and pace yourself
3. Manage daily household tasks and responsibilities
4. Address your financial and money worries
5. Explore innovative ways to continue your leisure and social activities
6. Enhance wellbeing through effective use of social networking

Enhance your emotional wellbeing

1. Acknowledge your strengths and achievements
2. Take back control of your life
3. Understand how current situation makes you think and feel
4. Manage anxiety flare-ups effectively
5. Be aware when your past experiences impact on your current mood
6. Look after yourself - you're allowed to say NO when you need to