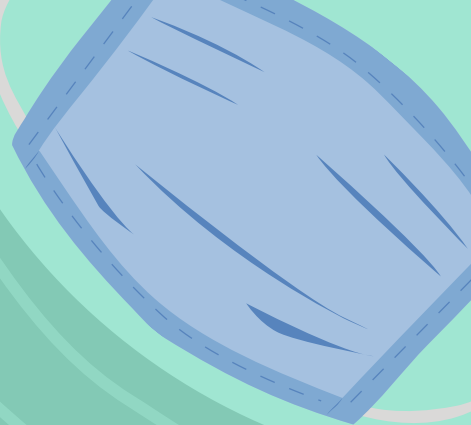# Coping with
COVID-19

8 Tips to Help Manage Your Mental Health

Connect
Connect with family, friends, and colleagues to talk about your feelings and enjoy conversation unrelated to the pandemic.

1

2 **Create a Routine**
To reduce stress, structure your days, take regular breaks and adapt your daily life to the current situation.

Maintain Balance
Separate your private and professional activities to ensure efficiency and to maintain a healthy work-life balance.

3

4 **Take Care of Yourself**
Stay active, make sure to get enough sleep, stay hydrated, and eat healthy foods as much as possible.

Limit News Exposure
Set a limit on your media consumption, including social media, to maintain your peace of mind.

5

6 **Reduce Your Risk**
Do what you can to reduce your risk; wear a mask in public, practice social distancing, and stay home as much as possible.

Find a Project
Start a project that you have wanted to do for a long time. Projects can provide a healthy distraction from these uncertain times.

7

8 **Try to Relax**
Practice breathing exercises, meditation, or yoga. Taking time to clear your mind can help reduce stress.

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