8 MENTAL HEALTH Tips IN QUARANTINE

1. STAY CONNECTED

Reduce social isolation by interacting with family members and friends. Be intentional in finding ways to communicate, may it be through a virtual meeting, video call, phone call, or text message

Say a brief 'hello' to the deliveryman or cashier. Give them a smile behind your mask.

2. EXERCISE

Lift your mood (and bum) up by doing a workout like aerobics, dance, yoga, or HIIT. Exercise reduces stress and releases endorphins -- our body's natural mood elevators.
Get your heart pumping, and feel more relaxed after an exhilarating workout!

3. EAT HEALTHY

Good food makes us feel good. Nourish your brain by eating more fruits, vegetables, fish and seafood. Food rich in vitamins, minerals and anti-oxidants help promote "good" bacteria in our gut. This activates the neural pathways to our brain, affecting our mood and energy levels

4. GET GOOD SLEEP

Practice sleep hygiene by setting a consistent time to go to bed.
Start a sleep ritual like listening to relaxing music to unwind.
Make your bed as comfortable as possible and stay away from gadgets at bedtime.
Getting physically active during the day helps you fall asleep easier at night.
Avoid alcohol, caffeine or large meals before bedtime.

5. DIGITAL DETOX

Reduce excessive exposure to social media and online news. Stay informed via reputable internet sources (read: stay away from fake news). Negative posts and articles can leave you feeling stressed and depressed. When it's too much, put down your phone and take a breather.

6. PLAN ACTIVITIES

Schedule your day from start to finish, and create a daily routine. Find time for a new activity like solving a puzzle, reading a book, writing a story, or de-cluttering. Self-care is important too. Give yourself an extra minute in the shower for a deep scalp massage. You deserve it!
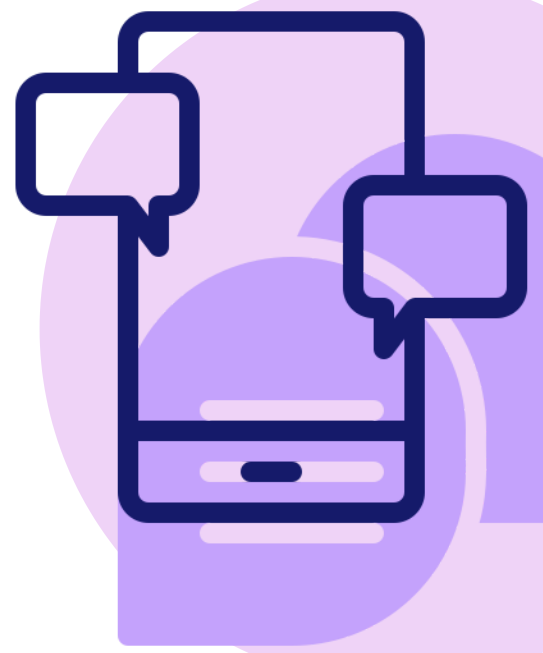
7. RELAX & MEDITATE

Cool down your brain.
Create a separate space for you to relax, away from your usual work space. Meditating can help you find calm, reduce negative emotions, and relieve stress.

8. ASK FOR HELP

When your thoughts, emotions and behaviors are affecting your well-being, don't be afraid to seek help. Emotional crises hotlines are available 24/7 if you need to talk to someone urgently. Mental health professionals are available to help you navigate through life's struggles.

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