

Encourage Positive Mental Health



**Write down
your feelings**



Stay Active



**Do what you
are good at**

Eat Well



**Talk about your
feelings**



**Try to
meditate**



**Accept who
you are**



Take a break

COVID-19



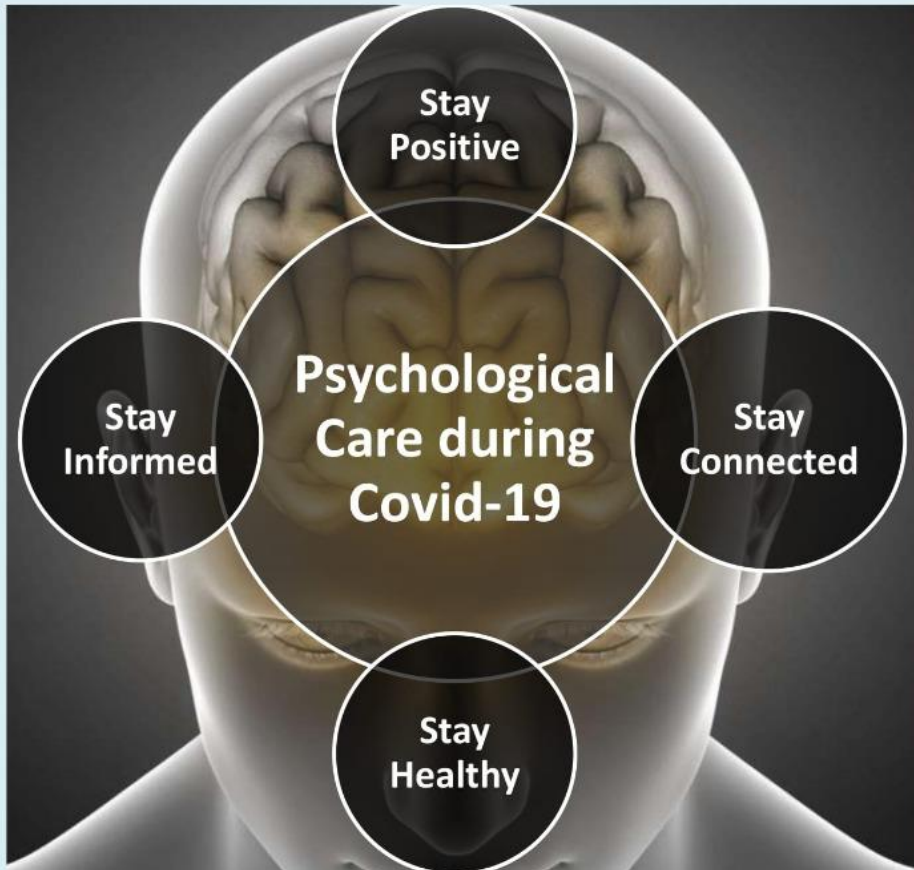
**No
problem**



**keep in touch with
your loved ones**



INDIAN PSYCHIATRIC SOCIETY WESTERN ZONAL BRANCH



❖ **Stay Connected:**

It's Social Distancing, not Social Disconnect. So, keep in touch with friends & family via social media, video conference or telephone.

❖ **Stay Positive:**

Keep your attitude positive even during this time of crisis. Remember that this period of self-isolation & quarantine is temporary.

❖ **Stay informed:**

"Covid-19 Infodemic" is much more harmful than Covid-19 Pandemic. So, get accurate information from reliable sources only.

❖ **Stay Healthy:**

There's no effective vaccine against Covid-19 till date. So, your innate immunity & your good health is the only way to fight against this virus

Seek help:





Even after these measures, if you feel anxious or worried or depressed,
Kindly contact mental health professionals.



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Life with Corona virus

		
Know the virus	Know the transmission	Know the symptoms
Covid-19 is a new strain of Corona virus detected first in December 2019. A respiratory virus	Corona virus is spreading through coughing, sneezing or close contact, touching or shaking hands	Fever, dry cough & shortness of breath developed after 2-14 days of exposure.
Get accurate information from reliable & authentic sources only		
		
Know preventive measures	Know psychological effects	Know when to get help
Avoid contact with sick, unnecessary travel, social gathering, touching eye, nose, mouth. Practice hand wash, use mask, sanitizer.	Anger, irritability, anxiety, sadness, behavioural disturbances, change in sleeping, eating, mood & substance use.	When you develop any physical symptoms or psychological distress, contact medical or mental health professionals.
Follow the guidelines published by Health Department.		

Safety isn't expensive, it's priceless!
A quality life is possible even with Corona Virus.



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Psychological care of Elderly during Covid-19

Teach to go digital

- Use of voice call
- Use of video calls
- Use of various apps
- Use of emergency services



Prioritize requirements

- Adequate sleep
- Proper Nutrition
- Physical exercise
- Mental peace



Enjoy recreational activities

- Watching movies
- Listening to music
- Mind stimulating games
- Indulging in crafts activities



Engages indoors

- Reading
- Writing
- Painting
- Singing



Decision making

- Seek suggestions from them
- Seek advice
- Involve in various decisions
- Get benefit of their life experiences



Positive environment at home

- Speak to them about happy time
- Revisit old memories
- Reopen old photo albums
- Spend quality time with them



Take care of mental/emotional needs

- Pay attention to their concerns
- Look out for mood swings
- Be aware of cognitive difficulties
- Provide emotional support





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COVID-19 PANDEMIC & CHILDREN

Manage your own anxiety

You must be relaxed before addressing your child's anxiety, so always be calm before answering child's queries.



Sort out information

Some stories and news on social media are often misleading, so sort out before discussing with your child



Maintain structure & routine

Structured day with regular mealtimes & bedtimes are very much essential for child's physical and mental health



keep in contact with relatives & friends

Kids often worry about their grandparents, older relatives & friends, so keep in touch through social media



Help your child feel in control

Teach your child about good hygiene habits, regular exercises, healthy diet & setting good limits to feel in control



Be a good role model

Children learn from parents and other elders, so always set a good example by taking good care of your physical & mental health





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Building Immunity & Staying Fit during covid-19 Pandemic: Because Healthy Mind resides in Healthy Body



Eat Balanced Diet



Do Regular Exercise



Stop Any Addiction



Take Adequate Hydration



Practice Stress Management



Practice Yoga Daily



Do Meditation Daily



Maintain Personal Hygiene



Develop Good Hobbies



Practice Anger Management



Maintain Proper sleep Hygiene