



Keeping mentally resilient during COVID-19

Worrying during the COVID-19 outbreak is normal and justifiable, but if the anxiety continues and affects your daily life, it can have a negative impact on your mental health. Here are some common psychological issues to be aware of during the outbreak, and some tips on how to overcome the stress.

Common psychological issues

Anxiety Hiding at home, avoiding interaction, fear of infection, insomnia 	Obsessive Compulsive Disorder Uncontrollable and recurring urge to clean the home and surrounding objects 	Depression Moody – feeling like it is the end of the world 	Acute Stress Response Hyper-vigilance, inability to concentrate, irritable mood 
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Tips to overcome the stress



Filter the information

Don't believe everything that you are reading and receiving. Differentiate between real and unverified news, refer to common knowledge and exercise common sense.



Do not follow every media channel

Subscribe to official sites such as the World Health Organization, government sites and reputable news agencies for updates.



Distract yourself from the outbreak

Take this opportunity to spend time with family and participate in leisurely activities that will help negate anxiety and worry, such as reading a book or watching a movie.



Do things that you can control

Stay healthy by exercising whenever you can, even if it means improvising with no equipment at home. Get involved in constructive activities around the house such as DIY projects or any hobbies you enjoy that can be done at home.



Build your own support system

At this stage you may be experiencing reduced interaction with people outside of your home which can make you feel isolated. Set up ways of keeping in regular contact with friends, family and colleagues via video calls, messaging and group chats. Also remember to connect with your employer if you are feeling anxious and afraid.

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