



TIPS TO MAINTAIN
**MENTAL HEALTH &
WELL-BEING DURING**
COVID-19 OUTBREAK

C OVID 19 has largely disrupted the normal(course/schedule/routine) of life resulting in fear and anxiety amongst individuals. This can be overwhelming, leading to stress or even depression in some instances.

The main challenge is that the measures taken in response to controlling the pandemic can disrupt routines and stop activities that were useful to mental well-being and can make one engage in activities that can make things worse.

The uncertainty surrounding corona virus is the hardest thing to handle. We don't know how it will impact us and how bad things may get. The measures outline below might be helpful in maintaining your mental well being. Some may apply to you and others might not. Please be creative and experiment with these ideas and tips.

ERIC THEURI



1

Protect yourself and loved ones from coronavirus.

Wash your hands regularly with soap and water.

Cover your mouth and nose while sneezing or coughing.



Avoid close contact with anyone who has a cold or flu-like symptoms.

If you have fever, cough and difficulty breathing, seek medical care early.

SEEK FACTUAL INFORMATION

It is important to be informed about what is happening in the Country so as to keep abreast with the proposed safety measures and play your part in slowing the spread of the virus. But it is equally important to minimize watching, reading or listening to news about Covid-19 that causes you anxiety or is distressful.

Seek information from trusted sources mainly with a view assist you come with up practical steps on how to protect yourself and loved ones. Get the facts and not rumours and misinformation. Facts help to minimize fear.

Remember in times of uncertainty facts save lives. Be on the look out and find opportunity to amplify the positive news and hopeful stories relating to the pandemic e.g stories of people who have recovered.

2



MANAGE YOUR EXPECTATIONS

Manage your expectations and accept that there will be a decline in productivity and concentration and be easy on yourself. Access the impact of any adjustments taken in response to the Covid 19 shocks by the employer and inform all the people likely to be affected by such measures e.g Landlord, spouses, children.

There are so many things outside our control, including how long the pandemic lasts and how other people behave. Accept the things you have no control over and focus more on what you can control e.g measures for your own personal safety.

3



CREATE A DAILY TO DO LIST OF YOUR HOBBIES

Create a daily routine and come up with a list of things that you enjoy doing, things you have been meaning to do but haven't had the time to. Read a book, watch a movie and take up a new hobby. Learn new things through the various online sites and webinars, e.g cooking different recipes, managing a law firm, explore new areas of practice, declutter your house and give out what you dont need or use. Maintain familiar routines in daily life as much as possible. Provide engaging age appropriate activities for children including activities for their learning.

4



ENCOURAGE YOUR CHILDREN TO EXPRESS THEIR FEELINGS

Acknowledge your feelings about your situation and let your children know its okay to share their own feelings and help children to find positive ways to express their feelings such as fear and sadness. Children feel relieved if they can express and communicate feelings in a safe and supportive environment.

5



GET QUALITY SLEEP

Prioritize your sleep and practice good sleep hygiene. Avoid sleeping for more than the recommended hours of between 7-9 hours per night. The quality of your sleep directly affects your mental health including your productivity, emotional balance and helps boost your immune system which is critical at this point in time.

6



REGAIN YOUR POWER

Much of the anguish accompanying this pandemic stems from feeling powerless. Doing kind and helpful acts for others can help you regain a sense of control over your life. Giving to others who are in need not only helps the recipient it enhances your well being too. Avoid scare mongering and giving credence to false rumours. Being a positive and uplifting influence in these anxious times can help

7



KEEP IN TOUCH WITH FAMILY AND FRIENDS

It is critical especially when working from home or keeping in isolation due to stay at home measure to keep and maintain social connections. Though on social isolation avoid feeling isolated. Check on your friends and find innovative ways to stay in touch either through virtual forums and social media. Be however mindful of how certain information on social media affects you. If you tend to withdraw when depressed or anxious think about scheduling regular phone and chat dates to counteract that tendency.

8



EXERCISE! EXERCISE! EXERCISE!

Find a way to have exercise as it will help lower your stress levels, help you better regulate your emotions and improve your sleep. You can check for online videos to follow and employ use of relaxation techniques such as deep breathing, meditation and yoga. Eat well and be conscious of the fact that you may be inclined towards reliance on alcohol and other indulgences to manage your stress

USEFULL LINKS

1. www.health.go.ke/covid-19/
2. www.who.int/emergencies/diseases/novel-coronavirus-2019
3. www.drive.com/
4. www.online-learning.harvard.edu/catalog?keywords=&paid%5B1%5D=1&max_price=&start_date_range%5Bmin%5D%5Bdate%5D=&start_date_range%5Bmax%5D%5Bdate%5D=

ERIC THEURI



@etadv