

## MAINTAINING YOUR MENTAL HEALTH DURING COVID-19

Right To Play recognizes that COVID-19 is changing routines, plans and lives around the world. With these changes comes an expectedly increased level of anxiety for people at varying degrees. Staying mindful and taking care of your mental health may prove even more challenging given the 'social distancing' protocol during this period and ensuring you are looking after yourself and others should remain a priority.

Below are tips on how you can support your mental health during this time:

Demonstrate Care (Look after yourself and one another)

- **Practice-self awareness.** Step back and observe your thoughts and feelings.
- If your thoughts and feelings are concerning to you, display courage by **talking to someone** (friends, family, P&C) about it. Seek medical help if required.
- Stick to the facts. Stay informed on **reliable** news coverage/social media but deliberately **take breaks** from them. Repeatedly reading/hearing about the pandemic can take its toll on your mental health.
- **Be active** and take care of your body. If you typically exercise, continue to do it. Watch videos on exercises that can be done at home. Eat well-balanced meals and get plenty of sleep. Avoid spending your last few hours of the evening focusing on COVID-19.
- Set some **daily routine** if you are working remotely. It could include a check-in routine with friends/family etc. Make time to step back and consider how to take advantage of unexpected flexibility in your daily routine.
- **Avoid being lonely.** Stay connected (friends, family, colleagues) while practicing social distancing and maintaining healthy relationships. Use video calls for meetings. Hold virtual lunches or coffee breaks.
- Show **support and empathy** to those affected and respect other people's feelings and decisions.
- **Re/Direct your energy** towards what you can control and focus less on things that are not in your control.
- Plan a daily activity that keeps you **motivated and energised** personally (exercise, dancing, listening to music, cooking etc).
- If you have children/wards around you, they will be sensitive to your reactions. Remember to model **calmness and support** them. Let them express their feelings, play and be children. Plan a daily age-appropriate fun thing (baking, singing, taking a walk, colouring, acting, drawing, watching a movie, playing board games) etc.

There are a number of online resources that can be accessed during this period. A few resources are included below:

1. World Health Organization - [Mental Health and Psychosocial Considerations during COVID-19 Outbreak](#)
2. Centers for Disease Control and Prevention- [Manage Anxiety & Stress](#)
3. United Nations - <https://news.un.org/en/story/2020/03/1059542>

**Remember, we are all in this together and we will get through this together!**

