MENTAL HEALTH IS IMPORTANT

YOU ARE NOT ALONE
REACH OUT AND SEEK HELP
EXTRAORDINARY CIRCUMSTANCES CALL FOR EXTRAORDINARY CARE

Is Your Child Feeling Okay?

Check on your child's mental health during this lockdown
DAILY WELL-BEING CHECKLIST

STAY INFORMED

TRY TO EAT HEALTHY MEALS

HAVE A ROUTINE BY STRUCTURING YOUR DAY

PRACTICE MINDFULNESS

PICK A HOBBY
LEARN A NEW SKILL

For more info visit: https://en.unesco.org/covid19
UNPLUG
UNWIND
RELAX

Focus on mindful thinking
Seek help in time

For more info visit:
https://en.unesco.org/covid19
TAKING CARE OF YOUR MENTAL HEALTH DURING COVID-19

The COVID-19 pandemic is a new and unexpected situation. Feeling anxious, unsure and scared is totally fine! Students have lost their day-to-day routine resulting in mixed feelings. Some of these feelings may include:

1. A sense of being socially excluded by others

2. Anxiety on being separated from family and friends

3. Fear of becoming infected with COVID-19

4. Feelings of loneliness and depression

5. Difficulty sleeping or concentrating
Your space affects how you feel

De-clutter your mind

Take a break from the screen and practice mindfulness

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