



SELF CARE TIPS DURING LOCKDOWN –COVID-19



HOW TO SURVIVE COVID-19 ANXIETY

Ironically, feeling stressed not only feels bad, but increases the risk for becoming ill. Here's how to cope with the anxiety, fear and uncertainty which the COVID-19 pandemic brings our way



1. TAKE A MEDIA BREAK

Don't immerse yourself in news about the coronavirus 24/7. You have to stop scouring social media and the internet for the latest twists and turns, also try and stay away from fake news and videos, make sure that the information you receive about the pandemic comes from reliable sources

2. WASH YOUR HANDS FREQUENTLY

- This is something that will actually lower your risk of getting sick. Learn how to wash your hands properly: for a full 20 seconds using warm water and soap and remember to always use your sanitizer

3. PRACTICE GOOD SELF CARE

- Get plenty of nutrients by eating fruits and vegetables, exercise regularly and get enough sleep. We know that sleep has a direct impact on the immune system. So you can take all the vitamin C you want, but if you're sleep deprived, your immune system can be compromised

4. TAKE SENSIBLE STEPS TO PREPARE

- There's definitely reason to take precaution, so being adequately prepared will provide peace of mind. Make sure you have all your essential supplies like storing a two-week supply of water and food, and medication especially if you are on chronic medication

5. GET SOME SUNLIGHT

- Time spent in nature is soothing for the mind and body. Sunlight may lower your blood pressure, research has found. If you can, get a little sunshine during your day. Take a stroll in your yard or garden and take a deep breath

6. ACKNOWLEDGE YOUR ANXIETY

- It's generally unhelpful to tell a highly-anxious person to just stop feeling anxious.
- Instead — whether it's coronavirus or another panic-provoking situation — it's useful to just acknowledge the anxiety and work through it. "Name it to tame it" is a mantra in mental health for big emotions.

7. WRITE DOWN YOUR WORRIES

- Seeing the words on paper or on a screen may stop you from spinning yourself into a frenzy.
- What are you catastrophizing? Write down the things you find yourself thinking and reflect on them. Challenge your own thinking to get it more in balance and reasonable

8. READ A BOOK OR MAGAZINE

- Take some time off and read a book or magazine to ease your mind and change your thoughts
- You can download books and magazines on the below link for free:

www.pdfdrive.net

9. COMMUNICATE WITH LOVED ONES

Always reach out to loved ones, put together a text message or email with family on it — that way you can have it set up before it feels like an emergency situation and easily communicate with your loved ones

We're definitely not in this alone!!!



WHO TO CALL FOR HELP?

Add these numbers on your contact list:

SADAG (South African Depression and Anxiety Group)

011 234 4837 Monday – Sunday 08:00 – 20:00

24 Hour Helpline: 0800 456 789

STAY HOME & BE SAFE!!!



thank you

