

MAY HEALTH THEME: MENTAL HEALTH

Taking care of your mental health during the COVID-19 pandemic is vitally important. It is normal to experience feelings like stress, anxiety, sadness and fear in these uncertain times.



So make yourself a priority and look after your mental health.



Stay connected with other people, especially if you are in quarantine, self isolation or work remotely. Human attachment can reduce feelings of anxiety.

Remember we're all in this together.

FEELING ANXIOUS OR STRESSED? SPEAK WITH...



Other strategies to look after your mental health

1. Make your self a daily routine or schedule

- This can provide predictability



2. Do some exercise

- Outside if allowed

3. Eat healthy foods

4. Get plenty of sleep

5. Take time out for yourself

- Relax
- Reflect
- Meditate
- Pray



6. Focus on controlling the things you can control

- Wash your hands frequently and well
- Follow work guidelines

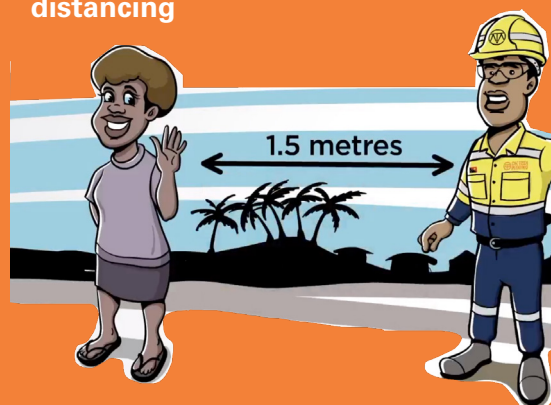


7. Limit your time and exposure to news updates

- Too much negative information can become overwhelming



8. Find ways to help others while maintaining social distancing



For more information, watch the [Mental Health Video](#) on the OTML Portal.