

#StayAtHome

MENTAL HEALTH AWARENESS
IS THE RECOGNITION THAT
OUR PSYCHOLOGICAL WELL-BEING
IS AN IMPORTANT PART OF OUR
OWN HEALTH, PRODUCTIVITY,
AND HAPPINESS, AS WELL AS
THE WELL-BEING OF OUR
COMMUNITIES. SCROLL THROUGH
THIS DOCUMENT FOR SOME IDEAS
ON TAKING CARE OF YOUR AND
OTHERS WELL-BEING

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TAKE REGULAR BREAKS:
JUST AS YOU WOULD GET
UP AT THE OFFICE TO MAKE A
COFFEE, GO TO THE BATHROOM
OR CATCH UP WITH A
COLLEAGUE, TAKE REGULAR
BREAKS FROM SCREEN TIME
AT HOME.

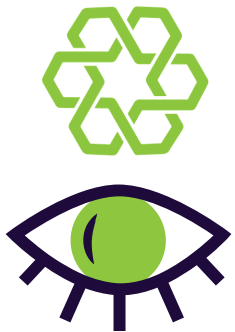
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SWITCH OFF AT THE END OF THE DAY:
TRY SWITCHING OFF FROM THE NEWS AND SOCIAL MEDIA AFTER HOURS. IT REALLY AIDS SLEEP TO AVOID SCREEN TIME AT LEAST AN HOUR BEFORE BED. MAYBE GRAB A CUP OF TEA, AND READ!



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GET CENTRED:
MEDITATE, PRAY, DO YOGA!
WHATEVER GETS YOU
CENTRED AND READY. THE
MEDITATION APP HEADSPACE
IS OFFERING A FREE SECTION
CALLED WEATHERING THE STORM
- FREE FOR THE NEXT FEW
MONTHS. THE YOGA APP
DOWNDOG, IS OFFERING FREE
ACCESS TO MOST OF ITS
FEATURES UNTIL 1 APRIL.



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DRAW SOME CLEAR BOUNDARIES:
KEEP TO OFFICE HOURS AND
LIMIT WORK TO THOSE HOURS
AS MUCH AS POSSIBLE.
#STAYATHOME PRESENTS US
WITH THE UNIQUE OPPORTUNITY
TO SPEND QUALITY TIME WITH
LOVED ONES, OUR PETS, OR ON
THE PHONE OR INTERNET TO
FRIENDS.



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LEARN A LANGUAGE:
OR PRACTICE YOUR HEBREW!
DUOLINGO IS A FRIENDLY APP
TO BRUSHUP ON ANY LANGUAGE
SKILLS YOU MAY HAVE
FORGOTTEN OR LEARN A
LANGUAGE YOU HAVE
ALWAYS WANTED TO KNOW.
IT OFFERS ACCESSIBLE LESSONS
IN 30+ LANGUAGES - A GREAT
ESCAPE AND A WONDERFUL WAY
TO EXPAND YOUR VOCAB.



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READ ABOUT EVERYTHING -
BUT COVID-19:
NOW'S THE TIME TO PICK UP
THE NOVEL YOU'VE BEEN
DYING TO READ FOR MONTHS.
READ YOUR MAGAZINES.
READ RECIPE BOOKS.
READ WIKIPEDIA OR
STUDY A SUBJECT YOU'RE
INTERESTED IN.



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QUALITY TIME:
ENJOY MEALS WITH PEOPLE,
EVEN IF IT'S VIRTUALLY. NOW'S
THE TIME TO SPEND
QUALITY TIME WITH THOSE YOU
CO-HABIT WITH OVER A NICE
MEAL. IT'S ALSO A GREAT
TIME TO VIDEO CHAT
WITH FRIENDS!



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**SPEND TIME WITH
YOUR PETS:**

IF YOU HAVE A PET, LET THEM
SHARE YOUR HOME-OFFICE
SPACE, OR PLAY WITH THEM
DURING A BREAK.
TAKING YOUR DOG FOR A WALK
IS A FABULOUS WAY FOR
YOU TO GET OUT FOR A BREAK.
ANIMALS CAN BE GREAT
EMOTIONAL SUPPORT.



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WE CAN CONTROL OUR PERCEPTION
AND OUR OUTPUT



I CAN CONTROL
(So i will focus on these things)

- My positive attitude
- My kindness and grace
- How I follow CDC recommendations
- Turning off the news
- My own social distancing
- Limiting my social media
- Finding fun things to do



REALISE WHAT IS OUTSIDE OF YOUR SPHERE OF CONTROL



I CANNOT CONTROL (So I can let go of these things)

- If others follow the rules of social distancing
- The amount of toilet paper at the store
- The actions of others
- How long this will last
- Predicting what will happen
- How others react
- Other people's motives



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GET CREATIVE:
THIS LOOKS DIFFERENT FOR EVERYBODY AND MAY MEAN DRAWING, PAINTING, CROCHETING, COOKING, BUILDING A PUZZLE...BUT WHATEVER GETS YOU COMPLETELY DISTRACTED FROM COVID-19 IS A WIN!



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WATCH A NATURE DOCUMENTARY:
TRY WATCHING DAVID
ATTENBOROUGH CELEBRATE 60
YEARS IN NATURE.
MAKE IT A TREAT BY WATCHING
IT WITH A TV DINNER!
IT HELPS TO FORGET ABOUT
THE REST OF SOCIETY.



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PLAY MUSIC:

WE ALL DRAW JOY FROM MUSIC. ONE WAY IS TO STREAM MUSIC WHILE WORKING AND DURING BREAKS. FIND THE GENRE THAT BRINGS YOU JOY - REGGAE, ROCK, CLASSICS, INSTRUMENTAL, OR AFRICAN BEATS.

PERHAPS LEARN TO PLAY THE UKELELE OR THE GUITAR. COVID-19 MAY BRING TO THE SURFACE YOUR HIDDEN CHOPIN OR YOUR INNER HIPPIE.



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CHECK IN WITH OTHERS:
THIS CANNOT BE STRESSED
ENOUGH: KEEPING YOUR
COLLEAGUES CLOSE AND YOUR
FRIEND CIRCLES CLOSER IS SUCH
A COMFORT RIGHT NOW.
REACH OUT, EMAIL, PHONE,
WHATSAPP AND KEEP EACH OTHER
GOING. TAKE TIME IN THE
EVENINGS TO CATCH UP WITH
ONE FRIEND AT A TIME, ON A
VOICE OR A VIDEO CALL.



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GO FOR A WALK:
BEACHFRONT, NEIGHBOURHOOD,
AROUND THE BLOCK...
WHATEVER WORKS FOR YOU.
GET MOVING. WE TEND NOT TO
MOVE AROUND AS MUCH AS WE
WOULD IN A WORK DAY WHEN
WE SIT AT HOME LIKE THIS.
KEEP THE BLOOD FLOWING.



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TELL PEOPLE YOU LOVE THEM:
YOUR FAMILY MEMBERS,
SPOUSES, CHILDREN,
FRIENDS, PARENTS,
GRANDPARENTS;
WHOEVER MAKES YOUR HEART
SMILE. LET PEOPLE KNOW.



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#STAYATHOME
STAY CLEAN!
STAY SAFE!
STAY VIRTUALLY CLOSE!



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