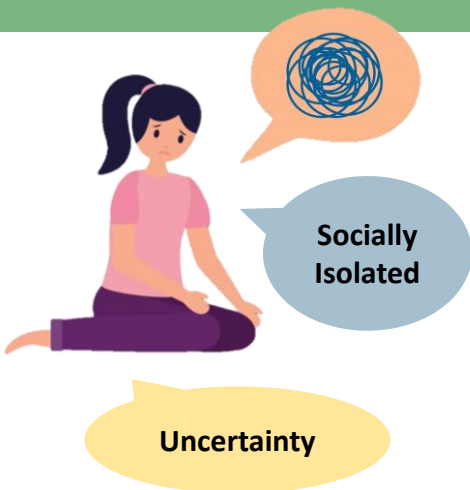


Maintaining Psychological Well-being During a Crisis

COVID-19 Health Tips



The current COVID-19 pandemic has disrupted our normal routines and unsettled many of us. We feel socially isolated from our loved ones and worry about the uncertain future.

Nevertheless, we can achieve good emotional well-being and overcome this difficult time by organising our daily routines around three main types of activities.



3 Types of activities that give us a sense of:

Plan to do an activity each day that makes us happy e.g. dancing and singing.

Pleasure



PSYCHOLOGICAL WELL-BEING



Achievement



Closeness and Connectedness



We feel good about ourselves when we accomplish something e.g. gardening and painting.

Being social creatures, we naturally desire social connection with others. Be creative in staying connected with others e.g. using video call.

Check In and Ask Yourself

Did I do activities that give me a sense of achievement, pleasure or connectedness with others?

If not...
What can I do differently tomorrow?

