

HOW TO COPE WITH LOCKDOWN



STAY CONNECTED

Make sure you stay connected to friends and family through the use of technology

ONE THING AT A TIME

Don't put pressure on yourself to do everything at once



SCHEDULE ACTIVITIES

Schedule in activities into your day that give you a sense of pleasure, achievement, calmness or relaxation

BE ACTIVE

Set small targets of trying to be active or engaging in some physical exercise at home



STAY IN THE HERE AND NOW

Do your activities trying to stay focused on the present moment.

TALK

Talk to someone about how you are feeling and ask for help if you are struggling.

