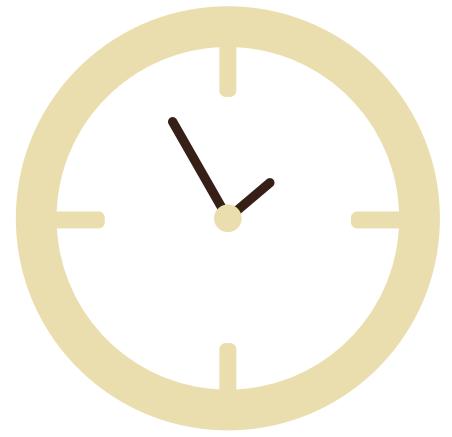


MENTAL HEALTH DURING COVID19

Practical Cognitive Behavioural Strategies

FOLLOW A ROUTINE

COVID19 has changed our social and professional lives in unimaginable ways. Having a predictable routine can reduce anxiety and improve focus and productivity. Make sure to save time for self-care and other hobbies!



CATCH, CHECK, CHANGE

This exercise can have a balancing affect on your mood by modifying your thoughts regarding any situation.

- **Catch** the initial thought
- **Check** the thought by looking at the facts
- **Change** & reframe the initial thought based on the facts



MEDITATION & BREATHING EXERCISES

Exercises like **Mindful Meditation** can be soothing when you feel overwhelmed. It is an excellent way to sync your mind & body causing increased awareness, reduced negative thinking, and offer alternative perspectives to problems.

Box Breathing is an exercise that can help to increase focus, reduce stress, and boost productivity. As you breathe in gradually to fill your lungs with air, hold for 1-5 seconds, then exhale the air, hold for 1-5 seconds, and repeat 7-10 times.



PROGRESSIVE MUSCLE RELAXATION

This exercise has been known to reduce blood pressure and muscle tension by reducing stress and anxiety. Tense and relax each muscle group starting from your feet and gradually work your way up the body to your face.



REGULAR SLEEPING HABITS

Good sleep habits can help improve the way we handle challenging situations. Try to sleep and wake up at roughly the same time everyday. Creating a calm and relaxing bedtime routine can help unwind at the end of day. A regular morning routine can also help you build your daily structure.

