# MENTAL WELLBEING
DURING COVID-19

COVID-19

It's so easy to get caught up in the hype of the physical aspects of coronavirus that we can easily lose sight of the importance of mental wellbeing during stressful times like these. As we are learning to adjust to changing work and home situations, we can protect our mental health alongside our physical health with these tips:

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· Maintaining a Routine

As our current routines are disrupted, we're left trying to figure out how to live and act in an unfamiliar world. It's critical to establish a routine as soon as possible to remain grounded. If you're working from home as a result, that means setting up a work station (no working from the bed), and having set work hours with breaks, as well as a cut-off time for when the work day is officially done.
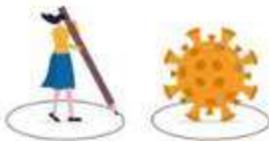
· Using Social Distancing as a Tool

The forced isolation we are all experiencing doesn't need to be a bad thing if viewed in the right way. One of the benefits of this required distancing is that it gives each of us a perfect opportunity to take some time for ourselves to recollect, re-evaluate, perhaps spring clean, or do some planning that there just wasn't any time for due to our busy schedules. And be sure to start meditating! That will help ease any anxiety you may be experiencing.

· Explore Alternative Forms of Exercise

Exercise is essential right now because it boosts your immune system, which will help you during this time. However going to the gym is a risk zone. This could be the perfect opportunity to explore a different type of exercise you've been meaning to try—visit https://nmcfund-challenges.com/nmc-challengers-journey-registration/ for more information.

· Talk to Your Children

Children are still learning to process emotions correctly and may have trouble understanding what is currently going on in the world. There may be a great deal of fear attached to what's currently happening. It's important to talk to them about these feelings.

· Consider Your Information Sources

Lastly, in an age where information is in an overabundance, it's important to consider our sources when learning about important topics such as COVID-19. Always opt to confirm information with reputable sources such as the World Health Organisation.

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54