

# Facing the anxiety pangs amidst COVID-19 pandemic?

Here are 8 tips to stay calm & mentally fit



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Keep yourself engaged.  
Have a daily routine.



Distract yourself from negative emotions by listening to music, reading, watching TV. Rediscover your old hobbies like painting, gardening, stitching, etc.



Eat well and drink plenty of fluids.



Be physically active by performing simple indoor exercises. Mental exercises like yoga & meditation can provide additional help.



Stick to only reliable sources of information  
to keep yourself updated.

Do not get overwhelmed with the constant  
bombardment of news on television or social media.



Do what's in your hands – follow hygiene practices and maintain social distance from others.



Stay connected with family and friends  
through phone & video calls.





At times of anxiety, practice slow breathing for a few minutes; try to put off the negative thoughts that are making you anxious. If the feeling of loneliness, sadness, lack of sleep or breathing problems persists continuously for days, reach out to your doctor for advice.

This advisory is based on inputs from the team of doctors at Gleneagles Global Hospitals group and guidelines issued by WHO and MoHFW, India.

As the guidelines keep evolving, please refer to the latest guidelines issued by local health authorities.

