

## Coronavirus: Tips for Good Mental Health

# Coronavirus

## Tips for good mental health

- 1.** Keep a routine. Wake up at the same time every day, shower, eat!



- 2.** Eat healthy



Go for a walk in the park

Dance to your favourite song



- 4.** Call a friend or family member



- 5.** Do a fun activity that you enjoy! Such as cooking, baking, art, computer games, music



- 6.** Avoid reading too much news!

- 7.** Take some slow deep breaths



- 8.** Talk to others about how you're feeling!



