



Facing isolation

1. Make sense of confinement

Consider it as the responsible and appropriate conduct that will help us overcome this crisis.

2. Maintain a routine

Schedule activities throughout the day (work, housework, hobbies, physical exercise, ...).

3. Follow healthy habits

Relating to diet, hygiene, physical exercise, hours of sleep, ...

4. Prioritize collective sentiment

We are facing an exceptional and unique situation, which will make us stronger as a society, relativizing individual interests.



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Strategies for mental health care facing the Covid-19 pandemic

Facing fear

1. Recognition and acceptance of emotions

Identify thoughts that may generate discomfort and share feelings seeking the support of close people.

2. Avoid overinformation

Being permanently connected will not make you better informed and will increase the feeling of risk and nervousness.

3. Use of reliable and official sources

Find reliable information and data from official and truthful media.

4. Maintain social contact

Make calls, video calls, talk on WhatsApp, etc., with friends and family.

5. Cultivate hobbies

Do what we like and for which we never have time.