Mahidol University
Wisdom of the Land

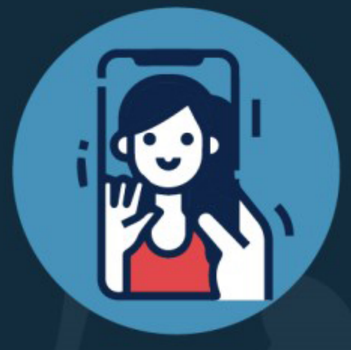
How to protect mental health during the coronavirus 2019 (COVID-19) pandemic

1. Get the updates/ information from a reliable source

Avoid the rumors, speculation, and alarming headlines of the news, which caused anxiety.

2. Take care of yourself and others

Get enough rest, exercise regularly, consume food promptly, eat separately and use personal utensils, and frequently wash hands. Avoid crowds and interacting with others. Support and reassure family, friends, and acquaintances who may be worried.



3. Think about your mental health

When you are self-isolating, give your days structure by creating routines. Keep in touch with family and friends to reduce stress and anxiety by using existing tools.

4. Focus on facts

And share information with others to perceive the risk and be able to cope with a disease outbreak. Genuinely understanding the situation, you will be well-prepared to handle and take care of yourself according to infection risk assessment.

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Source : www.wef.ch/coronavirus สภาเศรษฐกิจโลก (World Economic Forum)