

# STRESS ALLEVIATION & INTERVENTION

## techniques

Self care



*Mindful Media Consumption: Don't overload on watching news/information all day long. Instead read a book or listen to an inspirational podcast.*



*Stay connected with friends and family online, especially those who may be isolated.*

*Check on the elderly. Help out by shopping or running errands for them. Helping others has been a proven antidote to loneliness or depression.*



*Rely on only one or two credible sources of news (WHO - The World Health Organisation and your country's health ministry would be good resources). Check for updates just once or twice a day. Take in only what you need to know, what's most relevant to you and your community.*



*Spend time with your friends. Listen to their concerns and share yours.*



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