STRESS ALLEVIATION& INTERVENTION

techniques

Self care



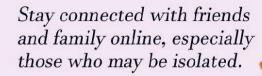
Mindful Media Consumption: Don't overload on watching news/information all day long. Instead read a book or listen to an inspirational podcast.





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.





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





