



DO IT RIGHT AWAY

Greetings and wishes for your health and wellbeing from STREBEN HEALTHCARE.

This is our small endeavour to help community improve well-being and fight the COVID-19 virus. This is the second capsule in a four part knowledge series on Mental Wellbeing. Please share it with your dear ones, friends and associates, if you find this useful.

While we follow all government regulations, social distancing and take care of our physical wellbeing, it is important we remain sensitive to our mental wellbeing, take good care of our mental health and build a calm and healthy environment around us. Here are a few suggestions that you can DO IT RIGHT AWAY at home.

- **It's a good time to start regular exercises or yoga at home. This will improve your physical fitness and will also give you a sense of wellbeing. Have nutritious food and sleep well. Remember to hydrate yourself. Take your regular medications.**
- **Remember to do deep breathing exercises.**
- **Use affirmations - I have a strong immune system; I am taking care of myself and my family; I am healthy.**
- **Discuss your dreams and goals with your spouse. You have the time now!**
- **Go down memory lane. Browse through your albums. Let your children see your younger self. (*Laughter is the best medicine!*)**
- **Reduce your phone/TV time; spend time with family. Observing them, listening to them could be an eye opener! You may learn something new every day!**
- **Call up friends and relatives to ensure they are safe. Do not forward too many messages.**
- **Catch up on unfinished tasks.**

- If you are working from home, do take periodic breaks. Move around during breaks. Schedule your work time/place and stick to it.
- When you experience fear, anxiety or worry, talk to a trusted person. Or get in touch with a mental health professional.



Let your creative juices flow...

Watch favourite movies; listen to songs you love; enjoy small pleasures in life like the smell of freshly brewed coffee/tea; experiment cooking different cuisines; play traditional games with children and family; involve all in household chores; have story telling sessions with family; play word games with young children (will improve their vocabulary if you spell the words), hone your singing/dancing skills; learn something from online; learn drawing; meditate/do yoga as a family; have meals together; look up online for fun games and activities; have JAM (Just a Minute) sessions on any topic; art/craft work; etc.



**Streben
Healthcare
Pvt. Ltd.**

www.strebenhealth.com
contact@strebenehealth.com

Rajani Nandakumar

Relationship & Counselling Psychologist
+91 98844 88056, rajaninandu@yahoo.co.in



Past president of Chennai Counsellors Foundation, Rajani is passionate about helping people in building healthy relationships and achieving wellbeing.