



Dear Colleagues,

In this time of disruption and anxiety related to COVID-19, we hope that you are keeping physically and mentally well. For those of us who are clinicians, this is a busy time as we try to provide care for our patients who are experiencing heightened anxiety. The IAWMH remains a global community connecting us in times of unprecedented trouble.

[Click here for the World Health Organization's flyer on Coping with stress during the 2019-nCoV outbreak.](#)

Below are some tips on safeguarding your mental health whilst in self-isolation.

- **Get into a routine** – Set yourself up a schedule to prepare in the morning, eat nutritious, food at set times and be consistent with bedtime.
- **Exercise is a must** – Whether home exercise videos or meditation, every little helps.
- **Fight the boredom** – As tempting as it is to binge on the latest TV shows, try to try something different. Why not try writing, painting, cleaning out cupboards or even learning a new language to protect your mental health.
- **Change up your surroundings** (if possible) – If you can, move around your living space and mix up where you sit, exercise and work to make sure you're not staring at the same walls all the time.
- **Keep in touch with family, friends and colleagues** – You may be physically confined but that does not mean you should isolate yourself mentally. Whether by video or voice, keep in touch with those that usually surround you. Whether a lunch date or a quick catch-up, harness the incredible ability we have at our fingertips.
- **Limit screen time** – Don't get consumed by the COVID-19 coverage plastering the news, limiting the amount of time you spend browsing will have boundless benefits to your mental attitude.
- **Lastly, take one day at a time** – try to focus on the immediate future rather than looking too far into the future to help maintain a positive attitude.

Stay healthy and well!

Best wishes from the IAWMH Leadership