Mental health during COVID-19

Use this checklist to think about your mental state and follow our tips to find better balance and inner peace.

Checklist

◉ **Are you feeling more overwhelmed by everyday life in general than you did before the pandemic?**

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◉ **Do you wake up stressed about the tasks of the day ahead?**

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◉ **Do you find yourself arguing more often with your partner, co-workers, supervisors or friends?**

◉ **Are you more sensitive to changes in your professional environment?**

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◉ **At the end of the day, do you feel more tired/stressed than usual?**

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◉ **Do you get stressed by news about the coronavirus?**

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◉ **Do you miss the balance offered by leisure activities (culture, sport, etc.)?**

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◉ **Do you miss social contact with others?**

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Tips

Use herbal remedies to relieve stress

Avoid eating fatty foods or consuming too much alcohol or nicotine in the evenings.

Find ways to distract yourself when you are having problems sleeping – for example by reading.

Create a quiet, cozy atmosphere in your bedroom.

Avoid caffeinated drinks in the afternoons and evenings.

Before going to bed, put together a to-do list for the next day so that you don't have to think about it when you are trying to relax.

Exercise – Try to get moving or participate in a sport.

Make time for regular phone calls and video calls with family and friends.

Try yoga or other exercises to relax in the evenings.

Try to stick to regular sleeping hours and cut down on the time you spend on your smartphone before bedtime.

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