



Minding our Minds



Handling Social Isolation

Some ways to be positive during lockdown

Be busy

Have a regular schedule.
Revive your old hobbies

Be healthy

Eat well and drink plenty of fluids.

Be physically active

Do simple indoor exercises
that will keep you feeling fit.

Be kind

Share food or other
essentials with people in
need.

Be empathetic

Offer help to older people
by getting them medicines,
daily needs, etc.

Be responsible

Keep children busy.
Encourage them to acquire
new skills.