

LIFE DURING LOCKDOWN

A short guide on how to stay positive & effective

Understanding Lockdown

You, along with **1.3 billion Indians**, are at home

Out of 195 countries, India ranked **57th** for preparedness in a pandemic, according to the Global Health Security (GHS) Index 2019.

A nationwide lockdown is meant to prevent the spread of the coronavirus infection, to protect us and our loved ones.

Avoid stepping out of the house.



Go out only for necessities.

How To Handle Social Distancing

The Indian Council of Medical Research (ICMR) says social distancing can reduce COVID-19 cases by **62%**

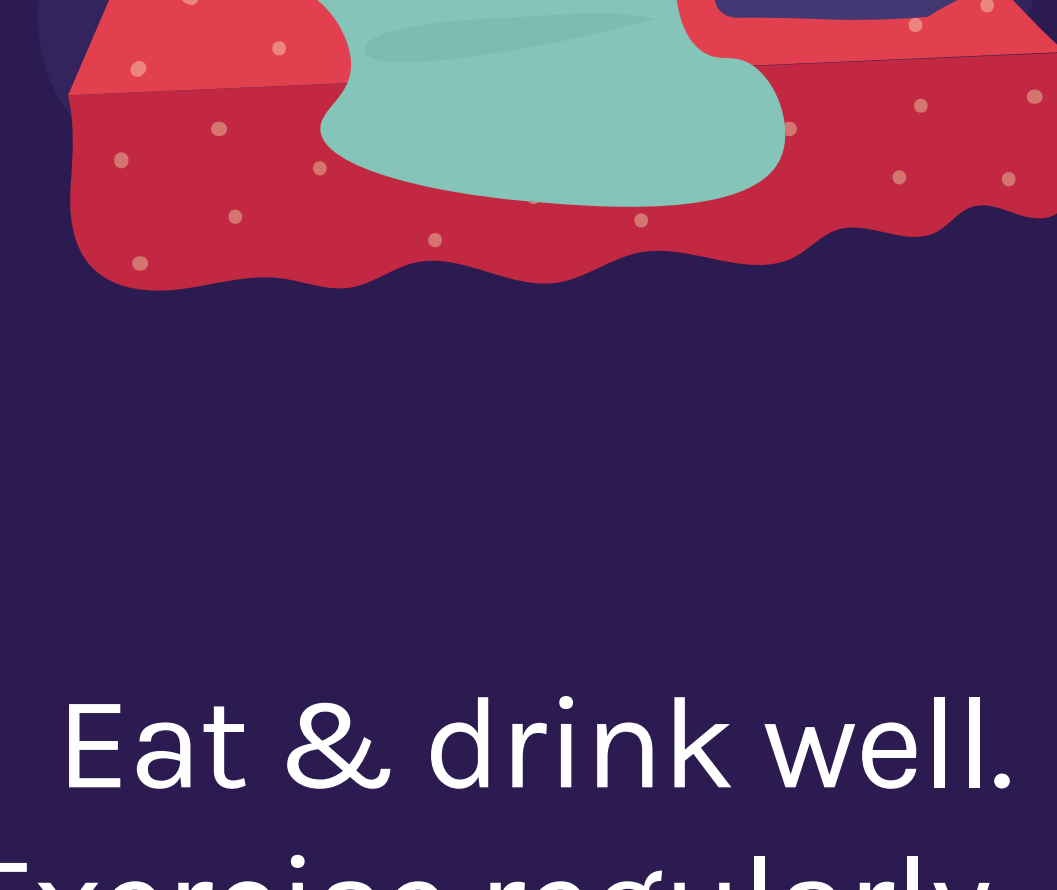


Staying at home can be relaxing at first, but it can also get boring, restrictive & mentally draining. Here are some ways to stay positive and cheerful.



Stay Busy, help with household chores.

Listen to music & Read a lot.



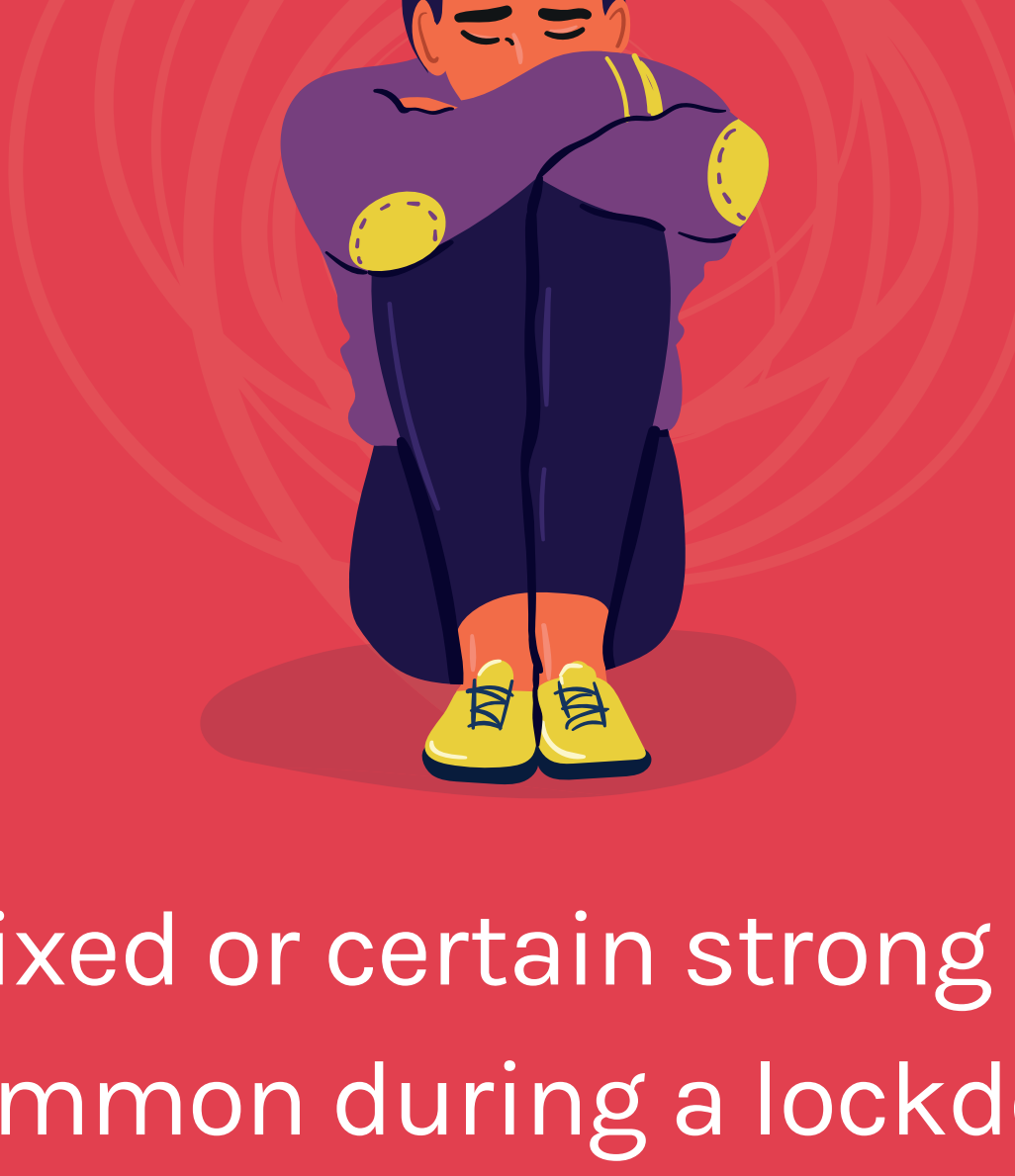
Revisit old hobbies like painting, gardening or stitching.

Eat & drink well. Exercise regularly.



Mental Health

Indian Psychiatry Society says, there is a sudden rise in mental illness cases by **20%**



Having mixed or certain strong emotions is common during a lockdown.



If you're feeling lonely, it's a good excuse to call people who you haven't spoken to in a while.

When feeling angry & irritated, try calming your mind by counting back from 10 to 1.



Short term goals help: Keep short achievable daily goals like finishing office work on time, squeezing time for a book, fixing something that needs a repair in your house.

Recognising mental health problems in your near & dear ones is critical during a lockdown. Keep an eye out for the these

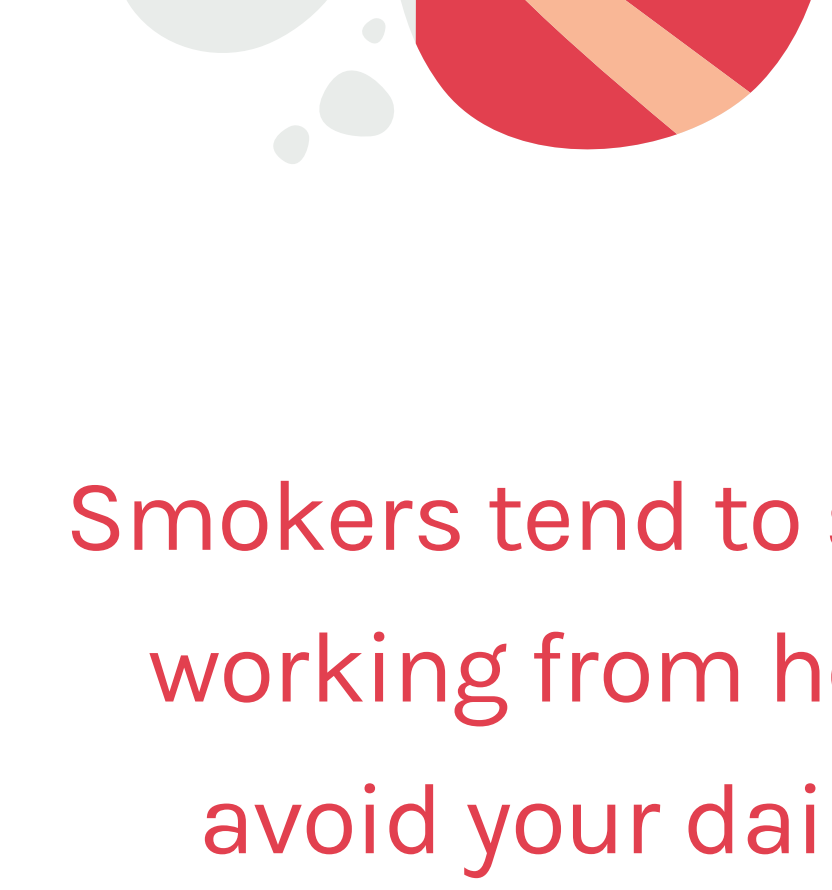
Changes in sleeping pattern

Difficulty in sleeping and concentrating

Worsening of health problems

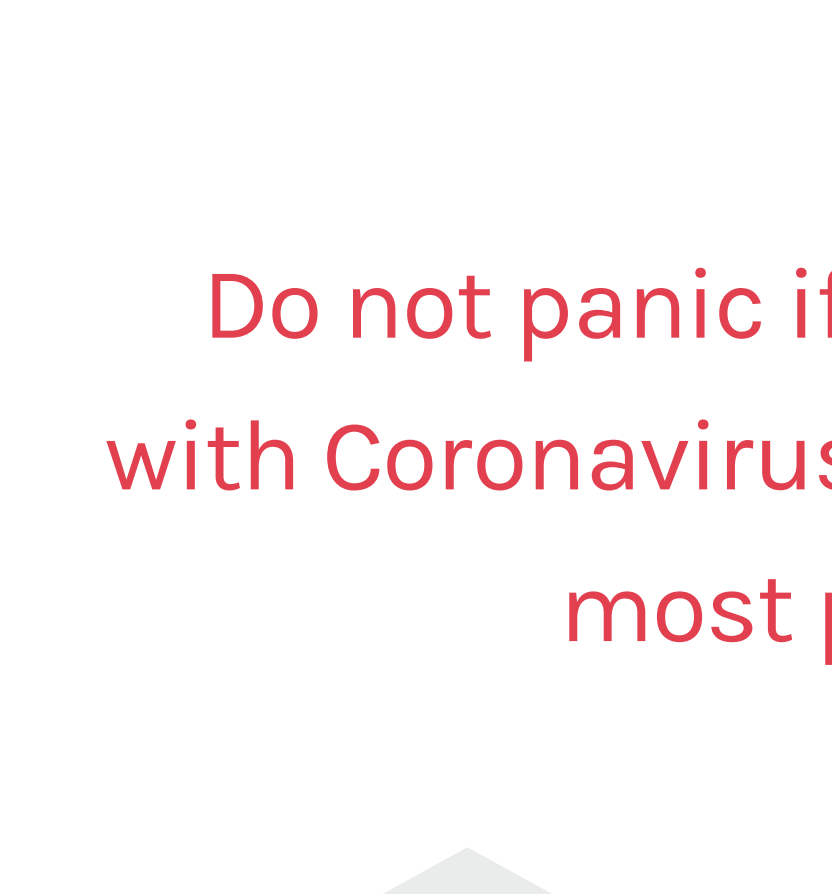
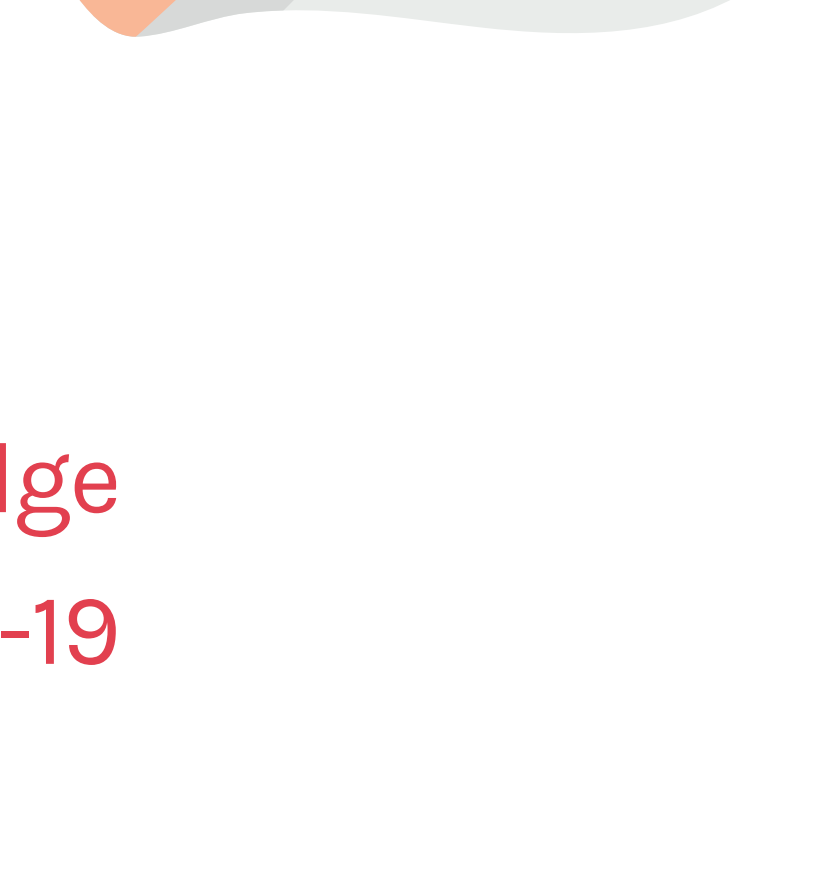
Increased use of substances such as alcohol, tobacco or drugs.

Don'ts



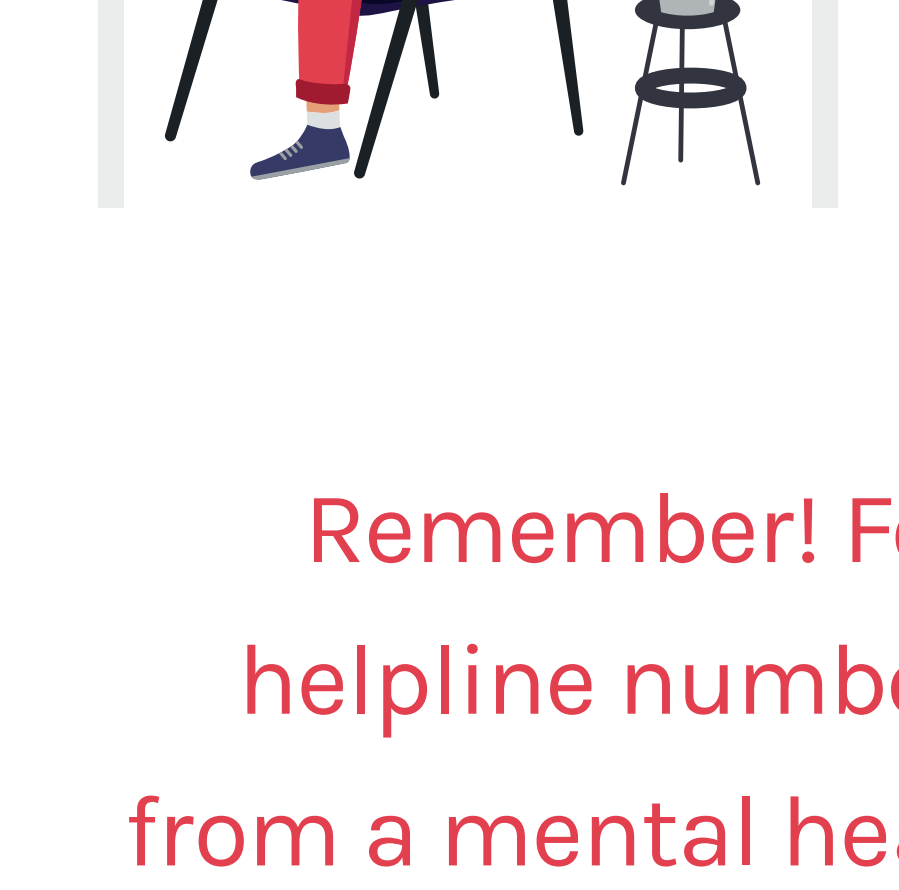
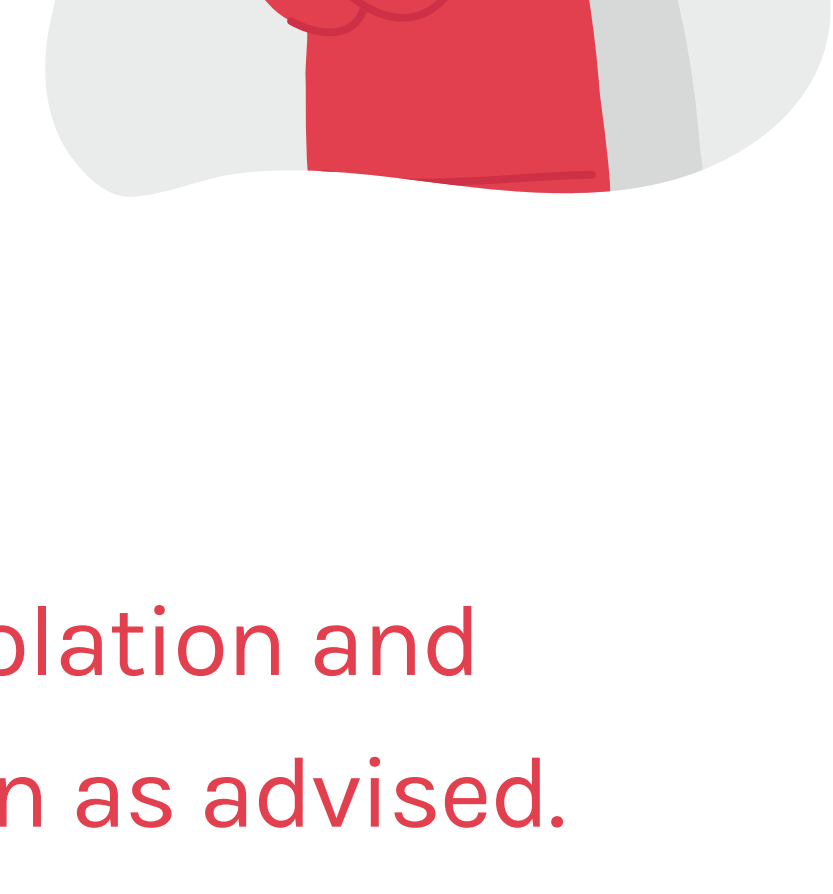
Avoid tobacco, alcohol & other drugs. Excessive use of these substances to cope with emotions or boredom can worsen physical/mental health and reduce immunity.

Smokers tend to smoke more when working from home. Try to limit or avoid your daily dose of nicotine.



Do not shun or judge people with COVID-19

Do not panic if you get infected with Coronavirus, remember that most people get better.



Practice self-isolation and take medication as advised.

Remember! For any medical help call the helpline number (080-4719-3456) for advice from a mental health professional or a specialist doctor on MediBuddy