

Dealing with the psychosocial consequences of COVID-19

Protecting
mental
health!



Maintain social
contacts



Stay active



Structure everyday life



Talking helps – also about worries & conflicts



Negative feelings are ok, yet,
strengthen positive feelings



Relax and do fun things



Stay informed with credible sources:
https://www.who.int/healthtopics/coronavirus#tab=tab_1



Seek help
General practitioner, local advice centers, health
directorate

