

HOW TO ENCOUNTER PSYCHSOCIAL CONSEQUENCES OF COVID-19

**PROTECT
YOUR
MENTAL
HEALTH!**



**Maintain and cultivate
personal relationships!**



Stay active!



**Make a plan
for your everyday life!**



Talk about your worries and conflicts!



**Accept negative feelings,
focus on positive feelings!**



Relax and pursue activities that are fun!



**Collect information from reputable sources:
www.infektionsschutz.de www.rki.de
www.bundesgesundheitsministerium.de**



Get help!

**Family doctors, local counselling services, crisis hotline,
local health authorities, mental hospital, ...**

