

HOW TO DEAL WITH MENTAL HEALTH AT HOME

REACH OUT TO FRIENDS OR FAMILY

Physical isolation and limitations on our movement does not mean we cannot still communicate with the people we care about.

JOURNALING

Journaling your emotions and experiences; by doing this, you acknowledge what you are feeling, and what led up to those feelings.

GENERAL HEALTHY LIVING

Exercise, eating healthy and drinking enough water will not only improve your immunity against the physical health threat, but will also improve your mental health.

PRAISE YOURSELF

Praise yourself for accomplishments, no matter how small. Be gracious with yourself and don't set your expectations too high. Write down one or two compliments for yourself every day.

ME-TIME

Even though our daily routines and lives changed drastically over the last few weeks, we still tend to neglect ourselves. Set aside one hour for yourself every day, where you plan something that is enjoyable to you, and healthy for your emotions.

Example:

- Deep breathing exercises
- Mindfulness exercises
- Visualization exercises



Platinum Health would like to offer support, guidance and encouragement to all its members. Members who need counselling are welcome to call the EAP Counsellor Line on 010 133 0525