

# Coronavirus

## Tips for good mental health

**1.** Keep a routine. Wake up at the same time every day, shower, eat!



**2.** Eat healthy



Go for a walk in the park

Dance to your favourite song



**4.** Call a friend or family member



**5.** Do a fun activity that you enjoy! Such as cooking, baking, art, computer games, music



**6.** Avoid reading too much news!



**7.** Take some slow deep breaths



**8.** Talk to others about how you're feeling!

