1. **Stay Active**

Stay active to maintain your mental health during COVID-19.

- Engage in activities that are safe to do at home, like tai-chi, jogging, or any other exercise that you can do indoors.

2. **Eat Well**

Eat healthy foods for good mental health. Choose a variety of fruits, vegetables, and other foods that are high in fiber, such as dark leafy greens, nuts, and seeds.

- Reduce your intake of unhealthy foods like sugary drinks and processed snacks.

3. **Stay Connected**

Stay connected with others for good mental health.

- Share your thoughts and feelings with family and friends.

4. **Routine Meals**

Maintain a regular eating routine. Make sure you eat breakfast, lunch, and dinner.

- This helps with your mood, energy levels, and appetite.

5. **Rest**

Maintain a regular sleep routine.

- Get enough sleep to help your body recover and fight off illness.

6. **Use Your Mental Health Service**

If you're feeling stressed or overwhelmed, contact your mental health service.

- Call 1800 512 348 for free counselling. You can also call 131 450 for free translation services.

7. **Seek Help**

If you're feeling overwhelmed, it's important to seek help.

- Talk to your doctor about your mental health.

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**COVID-19 (ਕੋਰੋਨਾਵਾਈਰਸ) ਮਹਾਂਮਾਰੀ ਦੇ ਦੌਰਾਨ ਆਪਣੀ ਮਾਨਸਿਕ ਸਸਹਤ ਦਾ ਸਿਆਨ ਰੱਖੋ**

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