Managing Your Mental Health While in Self-Isolation or Quarantine

There are several ways to support your mental health during periods of self-isolation or quarantine.

- Remind yourself that this is a temporary period of isolation to slow the spread of the virus.

- Remember that your effort is helping others in the community avoid contracting the virus.

- Stay connected with friends, family and colleagues via email, social media, video conferencing or telephone. Keep the lines of communication open: it's good for you!

- Engage in healthy activities that you enjoy and find relaxing. Do something you are good at or love doing - What activities can you lose yourself in? What did you love doing in the past? Enjoying yourself can help beat stress.

- Keep regular sleep routines and eat healthy foods.

- Try to maintain physical activity. Regular exercise can boost your self-esteem and can help you concentrate, sleep, and feel better.

- Establish routines as best possible and try to view this period as a new experience that can bring health benefits. A change of scene or a change of pace is good for your mental health. A few minutes can be enough to de-stress you. Give yourself some 'me time'.

- For those working from home, try to maintain a healthy balance by allocating specific work hours, taking regular breaks and, if possible, establishing a dedicated workspace.

- Avoid news and social media if you find it distressing.

- Ask for help if needed and inform people you are in self-isolation. If things are getting too much for you and you feel you can't cope, ask for help. Your family or friends may be able to offer practical help or a listening ear.