

# Looking after your mental health during Lockdown

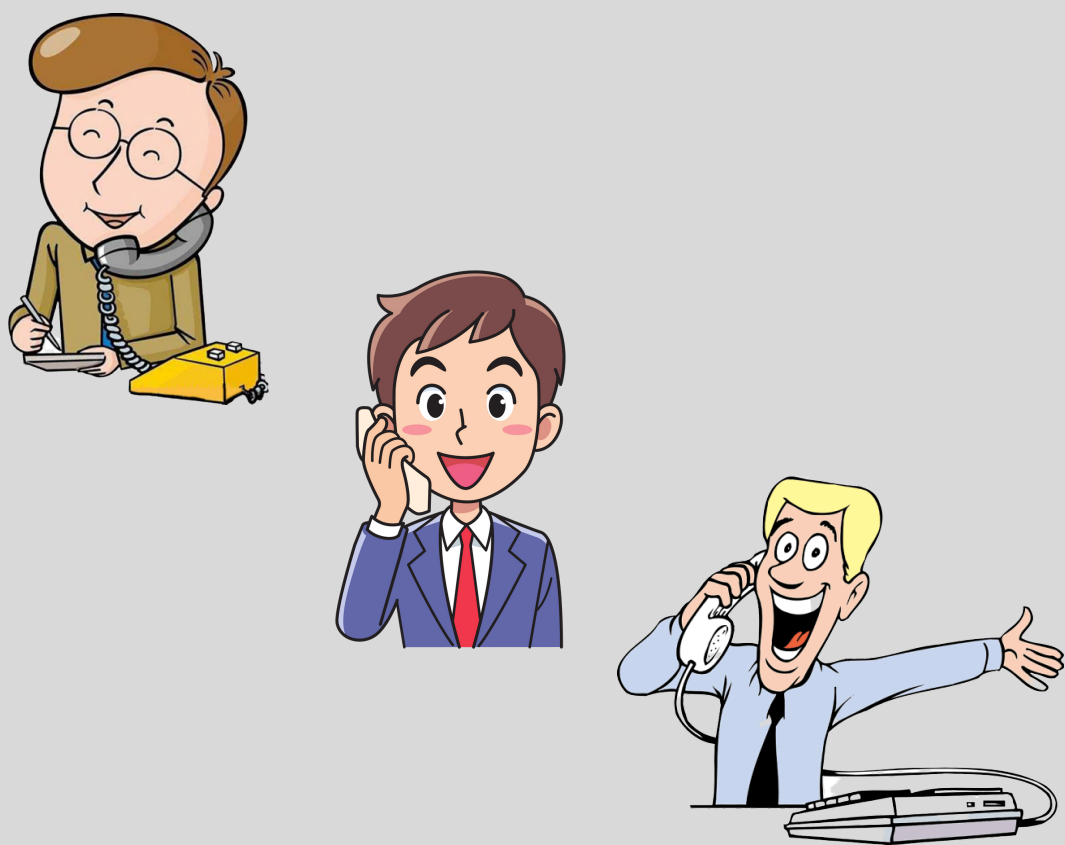
**Practise self-care**



**Exercise if you can**



**Set up buddy groups**



**Offload any worries  
and fears**



**Be kind to yourself**



**Get professional help**



**Department of Social Work**

**National Institute for Empowerment of Persons with Multiple Disabilities (Divyangjan)**

**Department of Empowerment of Persons with Disabilities (Divyangjan)**

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**Stop the  
spread  
Stay Home  
Stay Safe**