NATIONAL INSTITUTE FOR EMPOWERMENT OF PERSONS WITH MULTIPLE DISABILITIES (DIVYANGJAN)

(DEPARTMENT OF EMPOWERMENT OF PERSONS WITH DISABILITIES (DIVYANGJAN), MINISTRY OF SOCIAL JUSTICE & EMPOWERMENT, GOVT. OF INDIA)

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राष्ट्रीय बहुदिव्यांगता जन सशक्तिकरण संस्थान

(दिख्यांगजन संशक्तिकरण विभाग,सामाजिक न्याय और अधिकारिता मंत्रालय, भारत सरकार) (राष्ट्रीय मूल्यांकन एवं प्रत्यायन परिषद दवारा मान्यता प्राप्त)

Department of Social Work

Tips to stay emotionally healthy during COVID-19 lockdown

WORK



- · Set your work schedule
- Stick to your work schedule
- Stay in contact with your officials/authorities so that they can direct the work that you need to do.
- See if you can participate in meetings via video calling

HOBBIES



- Don't rely too deeply on the television and technology
- Treat lockdown as an opportunity to do some of those things you never usually have time for such as playing musical instruments, craft, reading, drawing



 Think about how you have come across difficult situation in past and restore the confidence of yourself that you will cope with this situation

Keep in mind that lockdown/quarantine won't last for too long

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