



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

Toll Free No : 1800-425-0345

East Coast Road, Kovalam Post, Muttukadu, Chennai - 603112, Tamil Nadu, India

Phone: 044-27472423, 27472104

Email: niepmd@gmail.com Website: www.niepmd.tn.nic.in

