

5



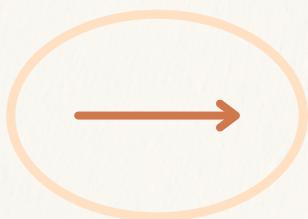
tips for
maintaining
your mental
health

during
challenging
times

01

STAY INFORMED, BUT DON'T OBSESS

Keep yourself updated on the latest news and official instructions from trusted sources, such as websites you can trust or local. Avoid getting caught up in rumors or speculation on social media, which can fuel anxiety and confusion.



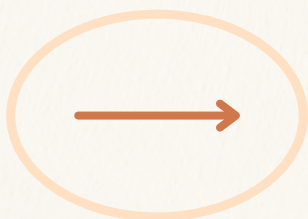
SWIPE NEXT



02

TAKE BREAKS FROM THE NEWS

While it's essential to stay informed, it's equally important to take breaks from the constant stream of news updates. Set aside time each day to disconnect from the news cycle and engage in activities that bring you joy, relaxation, or distraction.

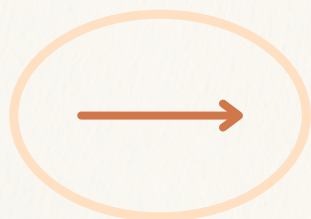


SWIPE NEXT



03 PRACTICE SELF-CARE

Make sure you get enough sleep, eat well, exercise regularly (even if it's just a short walk), and engage in stress-reducing activities like meditation, deep breathing, or yoga. Taking care of your physical and emotional needs will help you cope better with stress and anxiety.

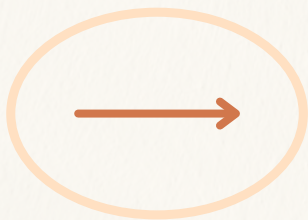


SWIPE NEXT



04 CONNECT WITH OTHERS

Reach out to friends, family, colleagues or people you care about to talk about how you're feeling. Sharing your concerns and feelings with someone you trust can help you feel less alone and more supported. You can also join community support groups or online forums where people can exchange experiences and advice, or the help platforms set up depending on where you live.



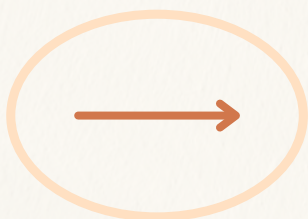
SWIPE NEXT



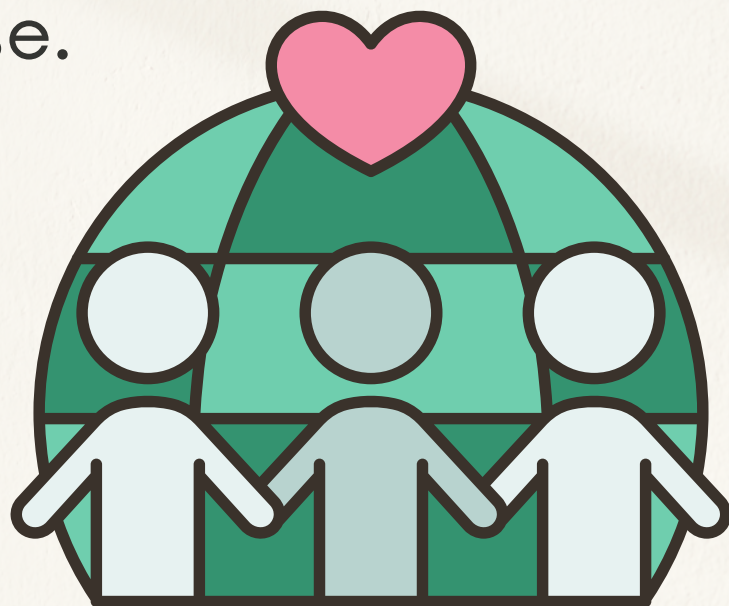
05

FOCUS ON WHAT YOU CAN CONTROL

Instead of worrying about things outside of your control, focus on what you can do to make a positive impact. This could mean being kind to those around you, volunteering in your community, or simply doing small acts of kindness for others. By focusing on positive actions, you can regain a sense of control and purpose.



SWIPE NEXT

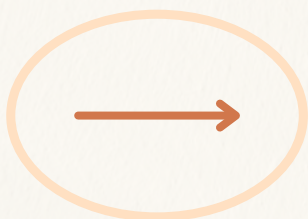


REMEMBER...

Taking care of your mental health doesn't mean ignoring the situation; it means being proactive in managing your well-being so that you can face challenges with greater resilience. 💪

You got this! ❤️

And always remember, there are people who care about you and want to support you through difficult times. 🌈



SWIPE NEXT



SHARE AND COMMENT IF YOU FEEL LIKE IT! 💖

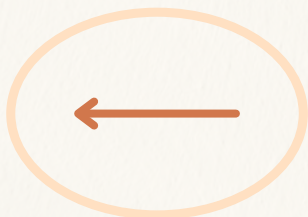
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SWIPE BACK