

6 tips on coping with worries, fears and anxiety



1 CHECK IN ON YOURSELF

Allocate some time for a self check-in to assess how you're feeling and what's causing you to feel that way. You can use [The Feelings Tracker](#) as a guide for your daily self check-in's.



4 OCCUPY YOUR TIME WITH THINGS YOU ENJOY

When you occupy your time and mind with things you enjoy, it helps displace anxious thoughts.



2 TURN NEGATIVE THOUGHTS INTO POSITIVE ONES

Remember that these challenging times are temporary; try to make the best out of the situation by focusing on things you can control. For example, you may not be able to meet up with loved ones, but you can always choose to call and video chat with them.



5 TRY MINDFUL EXERCISES

Practicing mindful exercises can help you focus on the present instead of letting your mind wander about all the negative things that can possibly happen.



3 STAY CALM EVEN WHILE STAYING INFORMED

Stay informed by getting updates from official news sources for accurate information. If you find yourself feeling anxious or worried by any news, avoid excessively checking for news updates.



6 SEEK HELP WHEN NEEDED

Talking to others can help release pent-up feelings and worries. If you need to talk to someone or require professional help, you can call the 24-Hour National Care Hotline.