

Depression & Covid-19

Isolation, anxiety, economic uncertainty, and the daily onslaught of bad news generated by the coronavirus pandemic are taking a heavy toll on our mood.

The stress of social isolation, the worry about jobs, money, and health, and the profound feelings of loss that many of us are experiencing at the moment can trigger depression for the first time or exacerbate symptoms

Change your focus

01

Get involved in activities that make you feel good



06

Take prescribed drugs regularly



02

Exercise regularly for 20- 30 minutes



07

Don't isolate yourself from your loved ones and friends



03

Quit smoking



08

Don't Blame yourself for everything



04

Avoid alcohol



09

Sleep well



05

Eat balanced diet



Ref :

1) Available at: <https://www.nhs.uk/conditions/stress-anxiety-depression/dealing-with-depression/>. Accessed on 19-06-2020.

2) Available at: <https://www.mhanational.org/stressed-or-depressed-know-difference>. Accessed on 23-06-2020.



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