

Staying healthy

EXLSQI}

Advice for UN staff

for protecting

your mental health

during COVID-19

23 MARCH 2020



others are coping when working from home. Stay in regular contact with any external partners you may be working with.

DO WHAT WORKS FOR YOUR WELLBEING

8 THE CIRCUMSTANCES MAY BE DIFFERENT, BUT WELLBEING STRATEGIES THAT WORK FOR YOU REMAIN EFFECTIVE.

For example, make time in your daily schedule to engage with favourite art/culture/entertainment. With a new working schedule and lifestyle, think about learning a new skill, or attending an online class. Set aside time for relaxation or spiritual practices, if they are part of your life.

GET ORG
