

Good advice on mental health

The Danish Health Authority has written a collection of good advice about what you can do to maintain and strengthen your own mental health and thriving:

 **Maintain your usual daily rhythm and get enough sleep**
The less sleep you get, the more likely you will be to worry and be anxious.

 **Eat a healthy, varied diet**
This will ensure that you have the energy for daily challenges.

 **Keep yourself physically active**
Physical activity can be many things, including gardening or gymnastics in your living room. Make it a priority to get outside, be active and get fresh air every day. Daylight also lifts your mood.

 **Keep yourself mentally active**
Keep your brain active by doing different kinds of activities. Read, play a game, write in a journal, listen to music or do something creative.

 **Create structure in your day**
Make a plan or schedule with activities for the day or week, and establish routines. If you are working at home, try to work during the same time period you usually do.

 **Remember that you are making a difference**
Hold on to the thought that you are actively contributing to the effort to look out for vulnerable citizens and make sure that Denmark can more quickly get the epidemic under control, by keeping your distance and staying home. Be aware of how you can support and help others in your daily life.

 **Keep in touch with the outside world – do something together at a distance**
Call your family and friends, talk over video and use social media.

 **Accept that this crisis can be a burden for your loved ones**
This unexpected situation can put pressure on your relationships with those you are together with more than usual. Be understanding with yourself and others, if you sometimes lose patience.

 **Relax and take a break from your worries**
Limit the amount of news you watch or read. Chose reliable sources for news.

 **Don't blame yourself or others for being infected with COVID-19**
Remember that the disease is caused by a virus, not by people.

 **Take care of yourself**