



Maintaining Mental Health in the Midst of the Covid-19 Pandemic

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HumasUPNVJ - Covid 19 or the corona virus that first appeared in Wuhan, Hubei Province, China in December 2019 has claimed more than 2,000 lives. New cases of infection continue to increase and spread more widely. With so much news like this, more and more people are anxious and afraid, so excessive that it can interfere with mental health.

Reporting from <https://katadata.co.id/> there are some tips to be able to maintain our mental health in the midst of a pandemic like this:

1. Pamper Yourself

Quoted from the United States *Centers for Disease Control Prevention* (CDC) page, the best step to maintain mental health is to do activities that make the body and mind comfortable. This is important, especially for those of you who are doing independent isolation. Examples of activities include watching movies, reading books, listening to music, and accessing positive content on social media. You should avoid viewing content related to the corona pandemic so you don't become even more stressed.

2. Wisely Respond to Information

One of the triggers of stress is a condition full of uncertainty. In the era of technological development, this condition often arises from the dissemination of information that is too much and varied. Launching from psychologytoday.com, in the midst of the ever-evolving flow of information about Covid-19, it is important to keep updating reliable and accurate news sources. That way, you don't have to bother doing fact checks or reading tons of news.

3. Expand Communication with Family

For some people who live alone, doing social distancing can make feelings of loneliness excessive. To prevent this from happening, the CDC recommends that the person maintain remote communication with others. Try to express your feelings and worries about the pandemic you are facing with certain people you trust the most, such as family, lovers or friends. For families who isolate themselves in one place to live, try to maintain communication. Fathers and mothers are encouraged to take the time to talk to their children about the corona pandemic and make sure they are safe.

4. Take care of health

[Mentalhealth.org](https://mentalhealth.org) writes, protecting mental health can also be done by maintaining a healthy body. Both of them influence each other. Even at home, remember to always wash your hands. Use soap and running water, while singing the Happy Birthday song to ensure that you wash your hands for 20 seconds. Apply the habit of maintaining body hygiene by bathing twice a day. If possible, spray disinfectant liquid on the objects in the house that are touched the most.

(source: <https://katadata.co.id/berita/2020/03/18/stres-di-tengah-pandemi-corona-awas-kesehatan-mental-terdinding>)

May our #belanegara friends always be protected by God Almighty and kept away from various kinds of diseases, #staysafe and #stayhealthy Greetings Defending the Country!

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