



Dubai Gem Private School

Tips to reduce your anxiety and stay safe, happy and healthy at home

Many of us might be feeling anxious, overwhelmed, sad, calmed, stressed, confused, bored or lonely. Following tips can be useful to reduce your anxiety and staying safe, happy and healthy at home.

Stick to routines:



- Get up and go to sleep at a regular time.
- Every night, sit down and create a schedule for the following day.
- Identify what you can do during each hour of the day — include things like exercise, reaching out to friends and family, cleaning your room, reading books, etc.
- Engage in hobbies and things you enjoy. Read, solve puzzles, play board games and video games with your family members.
- Try to keep a similar daily routine in the process.





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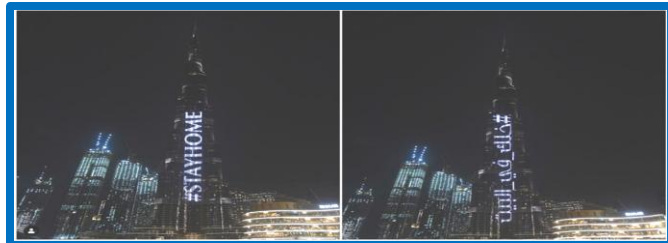
Stay connected:

- Use social media tools such as Zoom, Microsoft team, ToTok to stay in contact with family and friends without needing to leave home.
- Open up about how you are feeling and ask others how are they feeling.



Focus on the things you can control:

- Focus on things you can control like steps you can take to keep yourself safe, how you'll spend your time.
- Stay hydrated, maintain a healthy diet, wash your hands regularly and stay at home.



Engage in wellbeing practices:

- Use meditation and mindfulness apps.
- Write a gratitude journal where you can write 3 things you are grateful for every day.



DON'T FORGET TO LAUGH, HOPE FOR THE BEST AND THINK POSITIVELY.