DISCONNECT TO CONNECT

Social distancing helps to limit the spread of infectious diseases like COVID-19. It means minimising contact with people, such as avoiding large crowds and mass gathering, and deferring non-essential travel. Even as you work from home and skip social gatherings, your wellbeing (social, mental and emotional) is of utmost importance and should receive greater attention and care more than ever.

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REMEMBER

- Be mindful of excessive or unhealthy online gaming or binge watching.
- Do not social shame, mislead and victimise others online.
- Avoid shaking hands as well as touching your face.

Reach out to friends and family via video calls, calls, text or email.

Go old-school by sending a letter, small note or care package to each other.

Maintain a healthy routine by eating balanced and regular meals, getting enough rest, exercising and taking time for hobbies.

Read, listen to music, meditate or even head outdoors for some fresh air.