

Coronavirus and Psychologists' advices

Coronavirus and psychological tips

How to face the fear of
Coronavirus(COVID-19)
psychologically.

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There are some advices which psychologists provide to face and overcome the fear of spreading Coronavirus depression among the people of the world.

Tips to avoid Coronavirus depression

- *1*. Isolate yourself from news about the virus. Everything we need to know about Coronavirus, we already know now. Therefore, listening to more news will only depress you furthermore.
- *2*. Don't look out for death toll. It's not a cricket match to know the latest score. Avoid that as well.
- *3*. Don't look for additional information on the Internet, it would weaken your mental state. Try to follow your daily routine as usual.
- *4*. Avoid sending fatalistic messages. Some people don't have the same mental strength as you. Instead of helping, you could activate pathologies such as depression among the masses.
- *5*. If possible, listen to quranic verses read a book or listen music at home at a pleasant volume. Look for board games to entertain children, tell stories and future plans.
- *6*. Maintain discipline in the home by washing your hands for 20 seconds as advised by experts. Try to make calm the people of your home with good resources.
- *7*. Your positive mood will help protect your immune system, while negative thoughts have been shown to depress your immune system and make it weak against viruses. Therefore, always be positive even negative situation.
- *8*. Most importantly, firmly believe that this, too, shall pass and we will be safe eventually. The world has seen more than this.

One day we will be free of the menace of Coronavirus (COVID-19) and it will be a history for the upcoming generations.

Stay Home...Stay safe. ☐