

POSITIVE MENTAL HEALTH

We are all living at a time when a lot of anxiety is prevalent due to the Pandemic. Hearing about suffering of people, deaths, loss of jobs, lack of Hospital beds, Oxygen, Vaccine shortage can add to the stress and take an emotional toll on anyone.

But please remember **'You are not Powerless'**

Do not Panic. Important to check direction of your thoughts and not let them overpower you.

Stay informed but don't get obsessed with information flows

Direct your Energy. Follow safety precautions and advise others to do the same.

Stick to trustworthy sources- don't fall prey to unsubstantiated news.

Be careful with what you share- don't add to the problem

Focus on things- you can control life by

- Following guidelines outlined by Government like- wearing mask, maintaining social distance etc.,
- Avoid crowds
- Limit your going out to only essentials
- Follow healthy lifestyle.
- Spend quality time with family
- Stay connected with friends-even where physically isolated.

Avoid-

- Gossip
- Self medication

Remember even though these are uncertain times it's OK to feel overwhelmed once in a way but it is more important to garner your inner strength and stay mentally positive.

You are not alone in this

NFC family is always willing to lend a helping hand in your time of need. Medical Section is doing their best.

In case you are not well please do not hesitate to visit the Doctor and in case of emergency Call at **040-27184261** for further guidance.