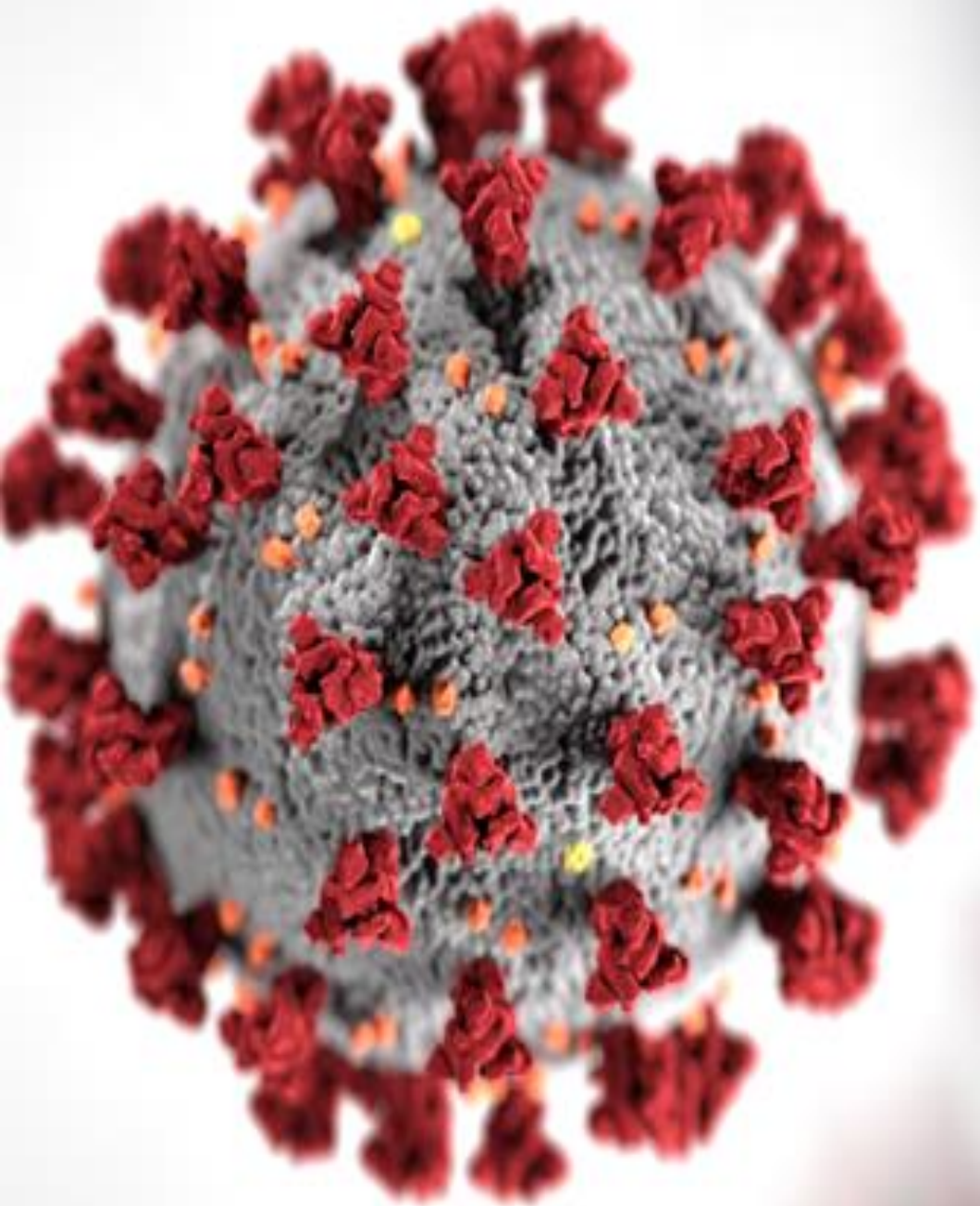


VIVEKANAND EDUCATION  
SOCIETY'S

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VOCATIONAL GUIDANCE  
BUREAU



# COVID-19

CORONAVIRUS DISEASE 2019

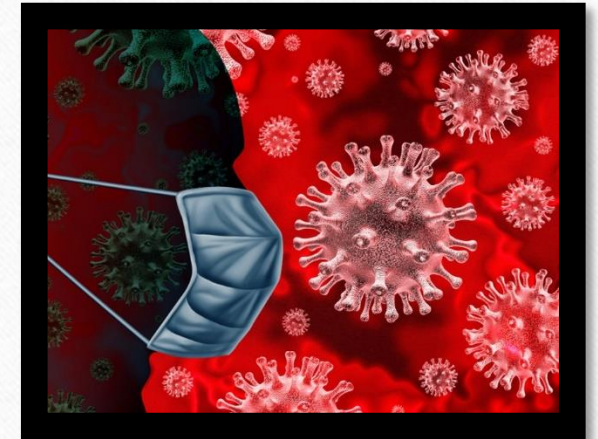
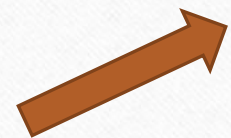
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HOW TO TAKE CARE OF YOURSELF  
DURING THE COVID-19 CRISIS ?



# COVID-19 SIGNS AND SYMPTOMS

- Fever
- Cough
- Sore throat
- Breathlessness
- Chills
- Shivering
- Muscle pain
- Headache
- A loss of taste or smell



# HOW TO MANAGE SELF DURING THE COVID-19 ?

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- Take care of your body by being physically active, eating well.
- Getting a good night's rest and relaxing with breathing exercises and stretching.





Take care of your mind by engaging in activities or hobbies you enjoy.

Try as much as possible to maintain a daily routine.

Meditate or pray .....



**Take care of your emotions.**

**Notice and accept how you feel; try not to judge your feelings.**

**Treat yourself with compassion. Talk about your feelings with someone you trust and use calming self-talk**

**“I can handle this.” “One day at a time”.**





Connect. Reach out to others while maintaining recommended social distance or isolation (call, text, email, social media). Talk about your feelings about the emergency, but also enjoy other conversation to remind yourself of the many important and positive things in your life.

Notice early warning signs of stress and understand how your past experiences affect the present; think of how you handled past challenges.

# SELF CARE

- Say exactly what you mean
- Don't be a people pleaser
- Never speak bad about yourself
- Don't be afraid to say no
- Don't be afraid to say yes
- Be kind to yourself
- Let go of what you cant control
- Stay away from negativity
- Love yourself





# ACTIVITIES YOU CAN DO AT HOME

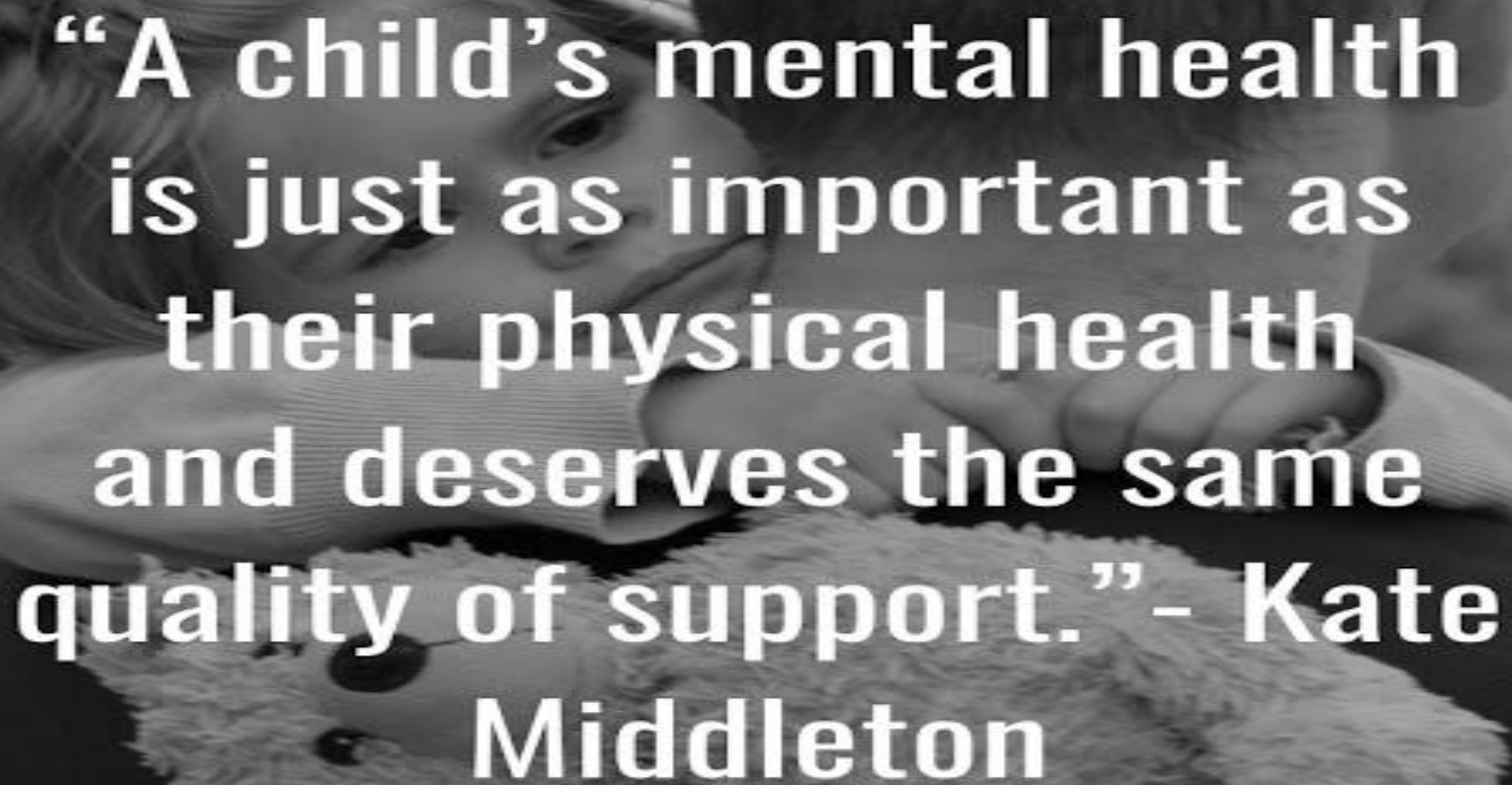
- **Maintain Journal**
- **Read a book.**
- **Take a bubble bath.**
- **Listen to relaxing music.**
- **Cook a meal.**
- **Draw or paint.**
- **Do a puzzle.**
- **Have a dance party at home**
- **Tell a joke to each other.**



*Assistance to Students is now stones  
throw away at VES*

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- **Vivekanand Education Society's Vocational Guidance Bureau**
- **Counselling Psychologist:- Ms. Prerna Talreja**
- **Contact No. : 9833614497**
- **E-mail ID: [prerna.talreja@ves.ac.in](mailto:prerna.talreja@ves.ac.in)**



**“A child’s mental health is just as important as their physical health and deserves the same quality of support.” - Kate Middleton**