Mindful Media Consumption: Don’t overload on watching news/information all day long. Instead read a book or listen to an inspirational podcast.

Stay connected with friends and family online, especially those who may be isolated.

Check on the elderly. Help out by shopping or running errands for them. Helping others has been a proven antidote to loneliness or depression.

Rely on only one or two credible sources of news [WHO - The World Health Organisation and your country’s health ministry would be good resources]. Check for updates just once or twice a day. Take in only what you need to know, what’s most relevant to you and your community.

Spend time with your friends. Listen to their concerns and share yours.