

Tips to help you through lockdown



Until COVID-19, we had no idea what lockdown meant. Now, we can safely say we have learned a few lessons.



To accept the new order of things so everything can get back to normal as quickly as possible



To trust the advice of the experts and heed their recommendations



To disconnect for a while from the issue of the pandemic at least once a day



To set up a daily routine and a schedule with things to do



To take the opportunity to do things we don't usually have time for



To spend a while every day developing our more creative side



To do exercise at home to keep ourselves fit and healthy



To look out for any symptoms linked to the disease



To stay in touch with our family, friends and colleagues



To keep an eye on our mood to avoid feeling uneasy or distressed