

MENTAL HEALTH DURING THE PANDEMIC

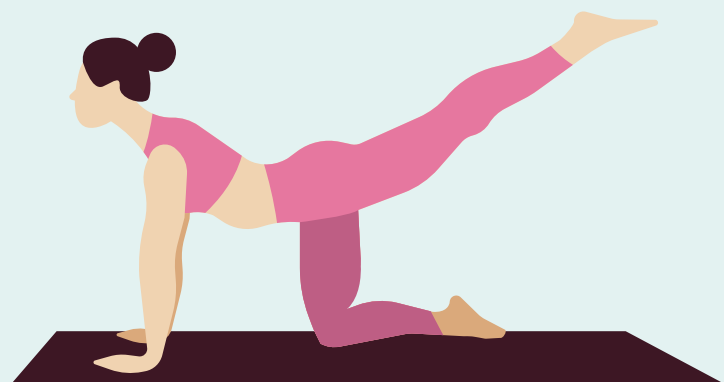
RESEARCH-BASED RECOMMENDATIONS FOR GENERAL POPULATION

how to maintain your mental health
during the pandemic

VILNIUS UNIVERSITY
CENTER FOR PSYCHOTRAUMATOLOGY

Try to maintain a healthy lifestyle and daily routine

Even if you have to spend more time at home, try to keep your daily routine, eat regularly and engage in physical activities.



Concentrate on what you can change.



In situations like this, when we cannot control everything, we can experience strong anxiety or helplessness. It is important to recognize it and concentrate on what we can change and control. For instance, we can control how we protect ourselves from the virus, how we try to keep in touch with others, etc.



Communicate

If there are no other options, maintain your social networks online. You can also get involved in local community initiatives that help those in need.

Limit the amount of information about the spread COVID-19

Seek information updates only from reliable sources. Choose specific times during the day when you check for new information. This will help you to properly understand the situation, provide a feeling of safety and help to sustain hope.



Try psychological help and emotional support options that are available for free

We suggest looking for a mental health app in your language or calling an emotional-support helpline.



If you are thinking about suicide, immediately reach out for help from a specialist

Mental health professionals will help you to better understand your emotions, reduce anxiety and find alternative ways of solving your problems. You can find information in English about suicide prevention in Lithuania [here](#).



Engage in enjoyable activities

This will help to relax and provide you with pleasant emotions



If you are not feeling well for a longer period of time, seek professional psychological help

Mental health specialists will help you to better understand your emotions and will provide you with recommendations for further help. The earlier your problems are recognised, the easier and faster you can return to a better emotional state.



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