



time looking at nature, whatever is near to you. The birds, clouds or the rain. It is three weeks, this is a time to go inside, inside ourselves. This practice is called mindfulness and there are apps you can find in the app store such as Calm or Breethe to help you. Control what you can for the day.

6. Have a daily routine, and day-to-day structure. Get up every morning, create structure and a roster of tasks to do.
7. It is also very important to consistently connect with people who you love, friends, family. Use Skype, Whatsapp videocall, Messenger videocall or try the app called Zoom. Humor is very important in uncertain times.
8. Do things you would normally not have time to do. Reading, painting, or other hobbies. Whatever you find brings you happiness. One day at a time.
9. Sleeping is your friend during these times. I suggest you prepare yourself for sleep. Keep the room quiet. Have a soaking bath, or listen to music that uplifts your mood and releases calming chemical in your brain.
10. Eat nutritious food, and exercise. There are many apps that help to suggest indoor training. if you are religious, spend more time in that space. etc..

If you are struggling and need help, please contact HR to support you.

Yours Truly

Dr. Johan Cilliers