

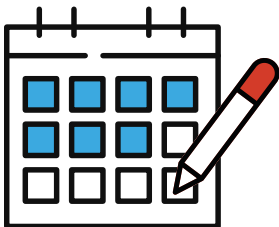
# CORONAVIRUS COVID-19 @HOME

## A FEW SIMPLE GESTURES OF WELL-BEING THAT WILL HELP YOU COPE WITH ISOLATION

### @HOME

#### I CHECK OUT THE NEWS AND I RESPECT THE OFFICIAL RECOMMENDATIONS

- I favor the official news.
- I take into consideration and respect the new hygiene and outing guidelines.
- I limit my information time.
- I don't read everything published on social media.



#### I PLAN MY DAY

- I share the house chores with the other people living in the household.
- I structure my day with help of regular rituals (breakfast, cleaning, reading/homework/home office, lunch, going for a walk, telephone conversations, dinner, board games).

#### I REMAIN ACTIVE

- I get up and go to bed at set times.
- I eat proper meals at set times.
- I do my homework if I am a pupil or a student.
- I plan set time slots for home office if applicable.
- I do physical and manual activities that stimulate my senses (play, cook, tidy up, listen to music, dance, read).
- I start the projects I have always dreamed of (painting, learn another language, etc.).
- I actively plan all the events rescheduled for a future date (holidays, parties, concerts, get-togethers with friends and family).



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## I TAKE CARE OF MYSELF

- I don't wear pyjamas all day, I wear clothes and make-up as usual.
- I regularly wash my hands, especially when I come from outdoors.
- I take a walk in nature if the recommendations allow it.
- I exercise on my own.
- I make sure I stick to a balanced diet by avoiding sugar, fat and alcohol.

## I CONTROL MY ENVIRONMENT

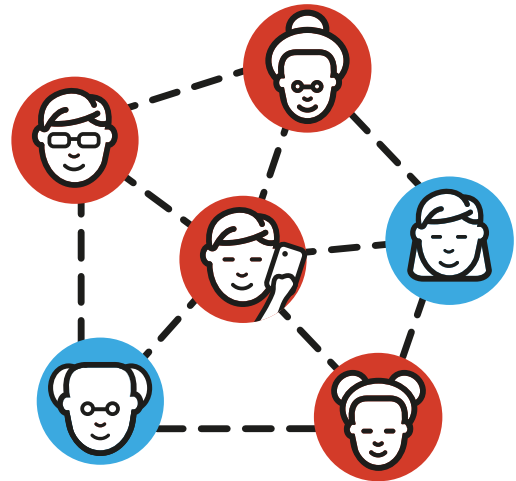
- I set a security distance between myself and others.
- I alternate my screen consumption time with other activities.
- I don't take part in any event.



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## I STAY CONNECTED TO MY SOCIAL NETWORK

- I call my family and friends in order to hear their voices, talk to them and check on them.
- I comfort, lend an ear and express support to those close to me who need it.
- I actively show solidarity and go grocery shopping for any vulnerable person living in my neighborhood. Helping makes me happy!



## I WATCH MY STATE OF MIND

- I actively acknowledge my emotions (joy, sorrow, anguish, anger) and accept them. It's normal to be sad and anxious in this situation.
- I have a clear understanding of what I can control (my gestures of well-being) and of what I cannot (development of the pandemic, official recommendations).
- I try not to feel guilty if I don't manage to attain my daily goals. It's the thought that counts.
- I ask for help when I feel overwhelmed.

## IF I FEEL OVERWHELMED, I GET IN TOUCH WITH PROFESSIONALS!

**KANNERJUGENDTELEFON**  
☎ 116 111

**ELTERENTELEFON**  
☎ 26 56 05 55

**SOS DÉTRESSE**  
☎ 45 45 45

**SCHOULDHOHEEM**  
☎ 8002 - 9090

**CORONAVIRUS**

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