

PRACTICAL GUIDANCE

- Eat adequate servings of fruits and vegetables and stay hydrated.
- Avoid drinking Sodas, Sugary beverages and too much caffeine.
- Although we must maintain social distancing, we can still express our emotions more than ever. It is needed in this moment!
- Remember that we also have a body, not only a mind. Bring attention to your respiration and stretch your muscles.
- Keep contact with different realities other than familiar worries. Focus on manual or creative activity and keep your mind busy.
- Keep active and use any familiar modality to manage stress. Engage in light exercise from home, spend time with your loved ones or even watch a movie. Remember - there are many ways to entertain yourself.
- If you lean on your religion to get through a difficult situation, you can still find a moment for spirituality even if places of worship are closed.
- If you feel you are experiencing major problems and symptoms of anxiety, seek medical advice.
- Remember, it is just as important to maintain your usual healthy routines and to practice good hygiene.



GOVERNMENT OF SRI LANKA RESOURCES

- <http://bit.ly/epidlk>
- <http://www.hpb.health.gov.lk/>

CENTRES IF YOU SUSPECT POSSIBLE INFECTION

- National Institute for Infectious Diseases, Mulleriyawa
- Colombo National Hospital, Colombo 07
- General Hospital, Ragama
- General Hospital, Kandy
- General Hospital, Kalubowila
- General hospital, Gampaha
- General hospital, Negombo
- General hospital, Jaffna
- General Hospital, Karapitiya
- General Hospital, Badulla
- General Hospital, Rathnapura
- General hospital, Anuradhapura
- General Hospital, Kurunegala
- General Hospital, Batticaloa

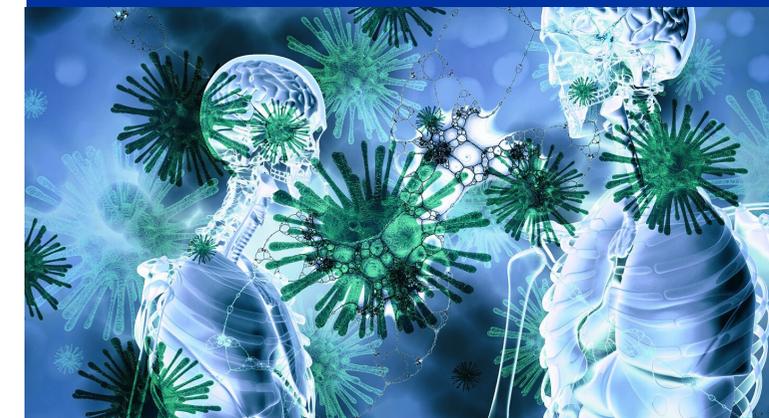
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MANAGING COVID-19 AND RELATED ANXIETY





MANAGING ANXIETY

Panic and irrational behavior is counter-productive and does not help alleviate the situation. It is better to focus on your role in combating the situation,

Relevant authorities have given clear and simple rules to follow. Refer the recommendations of the Health Promotion Bureau and WHO.

We all have a duty to ask ourselves if we are following the guidance notes issued. Are we practicing good hand hygiene, sanitizing frequently used surfaces, respecting quarantines, etc. ?

Sentences like “the bulletin of deaths went up to...” or “the infection is spreading...” or “this region is in crisis...”, are often a partial and distorted representation of the situation.

Protect yourself from misinformation by keeping up-to-date with the guidelines issues by the Health Promotion Bureau and WHO.

MANAGING LONELINESS CAUSED BY SOCIAL ISOLATION

Periods of quarantine often interrupts the reassuring calmness and familiarity of our daily routine, creating a temporary state of disorientation.

However, it is possible to take the opportunity to invest time on new activities or on those activities that we could not fully cultivate.

While the spread of misinformation via social media should be avoided so as to stop inducing panic, it is a useful tool in situations such as social isolation. Social media allows us to connect with our loved ones, helping us to combat the sense of isolation and loneliness.

It is encouraged to take this opportunity to spend quality time together with your family and loved ones who are likely experiencing the same feeling of loneliness.



SYMPTOMS OF ANXIETY AMONG ADULTS

- Worry about the health of yours and your loved ones.
- Difficulty in sleeping.
- Changes in sleep patterns.
- Changes in eating patterns.
- Difficulty in concentrating.
- Worsening of chronic health problems.
- Increased use of tobacco, alcohol and drugs.

SYMPTOMS OF ANXIETY AMONG CHILDREN

- Excessive crying / irritation in young children.
- Returning to outgrown behavior (e.g. bed-wetting).
- Excessive worry.
- Feeling of sadness.
- Unhealthy eating habits.
- Unhealthy sleeping habits.
- Irritability and ‘acting out’ behaviours among teenagers.
- Poor academic performance.
- Difficulty in attention and concentration.
- Avoiding activities enjoyed in the past.
- Unexplained headaches / body-aches.
- Substance use.



MANAGING ANXIETY IN CHILDREN

The continuation of regular activities is important for children. This helps to build a strong sense of safety.

Avoid leaving children unattended with access to media which can impact them with a partial and distorted representation of the situation outside of their homes.

Children should be protected from alarmist views expressed by adults. Establish a routine with activities, like games, homework and family time to maintain a sense of normalcy. Avoid exposing them to empty shelves at markets, long ques and crowded hospitals

