8 WAYS to keep yourself in a good physical and mental condition during the COVID-19 period

1. To stay connected to others, regularly speak with work colleagues, your family and friends.

2. To prevent feelings of helplessness, plan your day as much as possible.

3. To reduce stress, structure your days, take regular breaks and adapt your daily life to the current situation.

4. Separate your private and professional activities to ensure efficiency and maintain a work-life balance.

5. Regularly practice physical exercise and relaxation to ensure your mental and physical wellbeing.

6. Be selective and limit the time you spend watching the news to maintain your peace of mind.

7. To keep energised, devote time to creative activities and at the end of the day review what you have achieved.

8. Eat at regular times, choose a light, balanced and varied diet to maintain energy levels and boost your immune system.

The CERN psychologist and the Medical Service are there to help support you during this period
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