



Maintaining Your Mental & Emotional Health during the Novel Coronavirus Outbreak

**Division of Industrial Organizational Psychology
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Focus on the controllable.



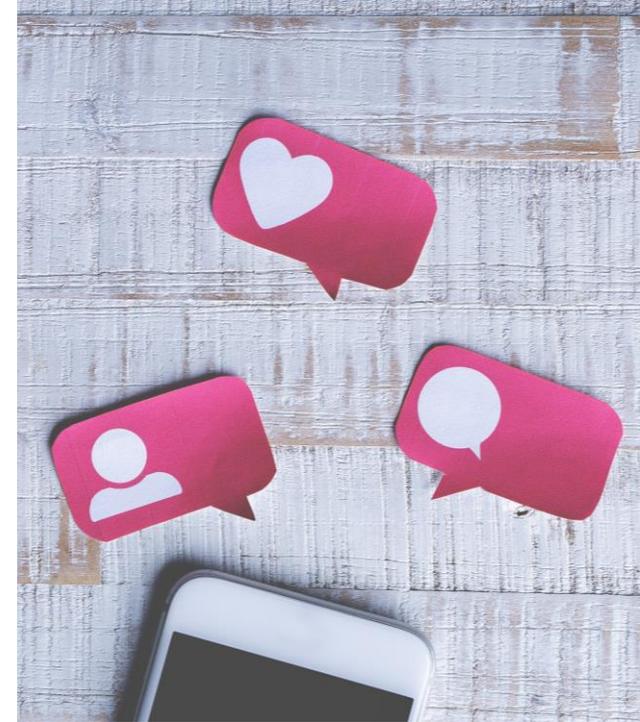
List out things that you can control (versus those being out of your control). Try to engage in activities that are controllable, especially those you are interested in but usually find it difficult to allocate time to.



Give your brain a break.

Detach/ Set a limit to yourself from watching the news about the situation all day long. Choose activities that are of good fit for you in your workplace or at home and spend a few minutes to let your brain calm down, relax, and energize.





Cultivate your compassionate behavior.

Compassion is found to have both physical and mental health benefits. Stay connected with others in a meaningful way may speed up recovery from disease and even lengthen our lifespan. Find ways to help others during this difficult situation, as the act of giving could be as pleasurable as the act of receiving.