

# WORLD MENTAL HEALTH DAY

OCTOBER 10, 2021

Mental health care for all: let's make it a reality

## IDEAS TO SUPPORT OUR MENTAL HEALTH

Give your full attention to what you are doing. Be present and focused!

Focus on your actions: what do you have control over?

Do something kind for yourself (self-care); Being kind to yourself helps us be kind to others.

Make room for difficult thoughts, allow them to exist but not take over your life

Be aware of how you are thinking and feeling. Challenge unhelpful thoughts.

Get regular physical activity. Join a sports team, go for a walk with family or friends, do some yard work . These connections can help you and others!

Create a daily routine - Including regular sleep habits!

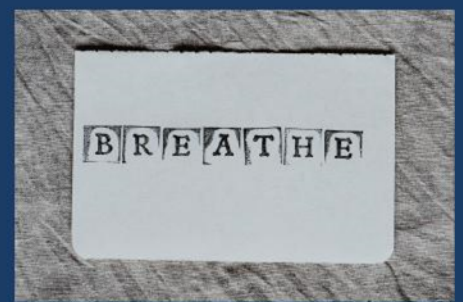
Engage with family and friends. Checking in or helping others, often has reciprocal effects.

Limit technology and social media use. Get outside instead!

Eat nutritious foods. Create a routine, such as a family meal time.

[Doing What Matters in Times of Stress : An Illustrated Guide](#)

## CLICK IMAGE FOR ACTIVITIES



[Brain Breaks](#) and focused-attention practices can help students cope with stress and trauma and focus on their learning.

## MENTAL HEALTH & COVID-19

Children's story book released to help children and young people cope with COVID-19

With the help of a fantasy creature, Ario, "My Hero is You, How kids can fight COVID-19!" explains how children can protect themselves, their families and friends from coronavirus and how to manage difficult emotions when confronted with a new and rapidly changing reality.

English



French



World Health Organization Coping with stress during the 2019-nCoV outbreak

- It is normal to feel sad, stressed, confused, scared or angry during a crisis. Talking to people you trust can help. Contact your friends and family.
- If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.
- Don't use smoking, alcohol or other drugs to deal with your emotions. If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.
- Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.
- Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.
- Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.



## TAKE PART - OCTOBER 10TH

THE BIG EVENT, WHICH IS FREE AND OPEN TO THE PUBLIC, WILL BE BROADCAST ON 10 OCTOBER FROM 16:00-19:00 CEST ON WHO'S FACEBOOK, TWITTER, LINKEDIN, YOUTUBE AND TIKTOK CHANNELS AND WEBSITE.

THE BIG EVENT, TO BE HOSTED BY AWARD-WINNING JOURNALIST FEMI OKE, WILL FEATURE AN EXCITING LINE-UP OF PERFORMANCES AND CONVERSATIONS WITH CELEBRITIES AND ACTIVISTS ABOUT THEIR MOTIVATIONS FOR ADVOCATING FOR GREATER INVESTMENT IN MENTAL HEALTH.

#WorldMentalHealthDay

Read more at [World Mental Health Day 2021 Mental health care for all: let's make it a reality \(who.int\)](#)