

10

Breathe



1

Structure



9

Look for the upside



- Positive affirmation!
- Actively look for it
- Sing, dance, play

Beat the corona blues 10 tips



8

Be creative



- Positive = creative
- No time before? Do now!

6

Spend time outside



- Nature
- Reality check

3

Social (online) contact



- Skype, Zoom, FaceTime...
- If possible, hug a healthy friend/relative

7

Accept your fears



- Facts = short term relief
- Control the controllable
- No hoarding

5

Move!



- No couch potato
- Walk, run, exercise daily

4

New habits



- Pick a small new habit
- 3-5 weeks daily