

# Post COVID-19 Mental Health Tips for Personal, Family, and Work Life



ΙΑΤΡΙΚΟ ΚΕΝΤΡΟ  
“Ο ΑΠΟΣΤΟΛΟΣ ΛΟΥΚΑΣ”

ΑΠΟΣΤΟΛΟΣ ΛΟΥΚΑΣ  
MEDICAL CENTER

## Πληροφορίες :

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## Μέσα Κοινωνικής Δικτύωσης :

Facebook

Instagram

## Personal

- Put things in perspective
- Assess what is most important, personal values
- Reevaluate your relationship – the lockdowns gave us the opportunity to determine if our relationship may need revisiting
- Stay in the present
- Practice gratitude
- Reconnect with extended family and friends face-to-face
- Exercise, eat well and determine how you can be kind to yourself

## Family

- Spend more time with each other
- Disengage from screens
- Help your children disengage from screens
- Engage in family activities that everyone enjoys
- Explore what it means to be close to each other
- Listen to our children
- Story time
- Eat together as a family without screens
- Spend more time in nature
- Give yourself time to grieve if you have lost someone

## Work

- Train supervisors to identify and take care of employees in distress (the rates of depression and anxiety have tripled since Covid-19)
- Accommodate personal needs of employees
- Create a culture of empathy and compassion
- Provide mental health services