

# How to Look After Your Mental Health during Social Distancing

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The government urges people to conduct social distancing or maintain social distance to break the chain of Coronavirus or COVID-19 transmission. Limiting interactions in a comparatively long time, one of them by doing activities at home amid uncertain situations without recognizing it affects mental health indirectly.

Then, how to undergo social distancing to be more positive and boost mental health? UGM Psychologist, Dr. Diana Setiyawati P, M.Hsc.Psy., said that various reactions commonly occur during social distancing and self-isolation. Anxiety, worry, anxiety, and frustration often arise when dealt with a situation full of uncertainty. Other results that often occur are anger, boredom, and loneliness. Besides, there is also a concern for being able to care for families, both children and parents, well.

According to her, there are several ways to avoid mental health problems during social distancing and self-isolation at home. One of them is by staying connected with others such as family, friends, and relatives through telephone connections, chat, and video calls and media. By always connecting with other people can help maintain mental condition.

"Another way to maintain positive thoughts and thoughts is by communicating the disturbing things to other people who can be trusted or psychologists," she explained on Friday (3/19).

Social distancing interpreted as a positive thing in the way of allowing practicing the skills you want



to master and develop a hobby. For example, learning how to garden, make cakes, design, and others.

"Take advantage of the time to worship and pray with your family," explained the lecturer and researcher of the UGM Center for Public Mental Health (CPMH).

An equally important step is to educate yourself with precise information. Also, it avoids exposure to information from untrusted sources, while those who work from home can start by preparing an activity plan following work performance.

Diana said that other activities carried out are physical activities such as light exercise at home. Do not miss to maintain physical health and personal and environmental health.

Meanwhile, to overcome anxiety, Diana said the initial step that needed was to acknowledge the uncertainty that arises in themselves. Then, try to relax by taking a deep breath and exhale.

"Take six deep breaths to calm yourself down," she said.

Another step needed is to get closer to God. Besides, also please try to open yourself to speak with experts.

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