

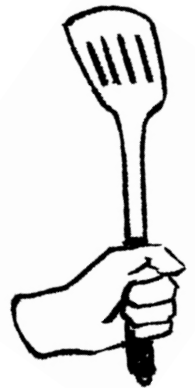
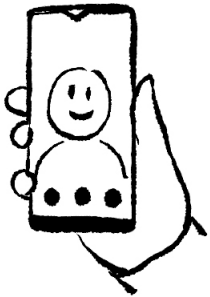
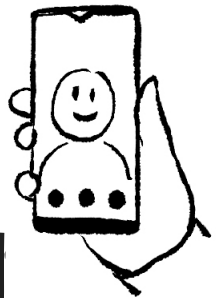
# HOW DO YOU TAKE CARE OF YOU?

**An Activity Book for Wellness in the Pandemic**



**MEDECINS SANS FRONTIERES**  
**DOCTORS WITHOUT BORDERS**

# YOUR MENTAL HEALTH IS IMPORTANT!

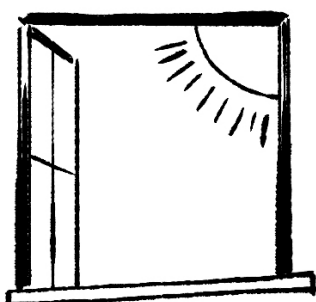


**Mental health is a big part of your overall health and well-being. It has a big impact on how you think, feel and act. It affects your life choices, how you deal with other people, and especially how you handle stress.**

*Times of major change or distressing situations like the COVID-19 pandemic, which has affected people's lives and brought about many challenges, usually have a big effect on your mental health.*

*At Doctors Without Borders, we understand that mental health support is crucial in times like this. In many of the places where we work, we provide mental health support to people dealing with violence, loss, or displacement.*

*An important component to mental health support is establishing wellness or healthy routines to help you cope. This activity books seeks to provide you with different wellness strategies that you can use and adapt to help you develop a positive approach to living.*



**This book is in black and white, so you can have fun writing, drawing and colouring in any of the pages.**

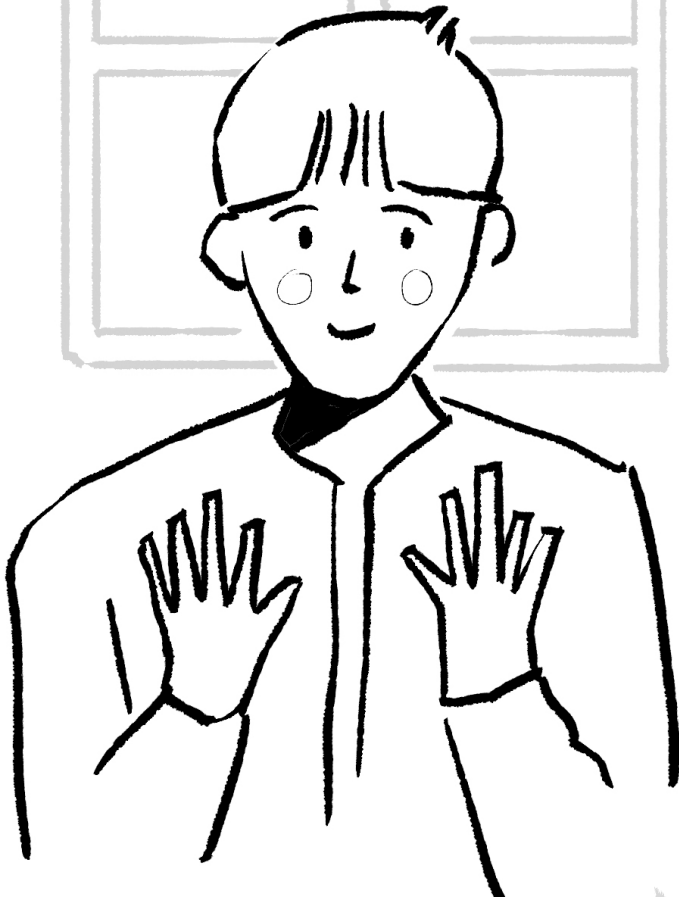




# COVID-19 AND MENTAL WELLNESS

*Are you afraid, worried or stressed because of COVID-19? Don't worry, this is completely normal.*

*You, a friend, or loved one may have gone through one or more of the many stresses associated with this pandemic – quarantine, sickness, death, job loss, decrease in income, failure to meet the family's basic needs, lack of valid and reliable information on COVID-19, among others. You may be experiencing unpleasant emotions such as sadness, grief, anger, guilt, insomnia, depression.*





# HOW CAN YOU COPE?

## HERE ARE SEVEN SIMPLE TIPS:

1.

BE MINDFUL OF YOUR EMOTIONS.

2.

DEVELOP A DAILY ROUTINE.

3.

EXERCISE!

4.

THINK ABOUT YOUR  
CIRCLE OF CONTROL:  
THE THINGS IN YOUR  
LIFE THAT YOU CAN  
CONTROL AND THOSE  
THAT YOU CAN'T.

5.

FIND THINGS TO BE  
THANKFUL FOR.

6.

START A JOURNAL.

7.

TRY EXPRESSING YOURSELF WITH ART AND COLOUR.

What about you? Tell us what wellness strategies work for you.

My Wellness  
Strategies





# BE MINDFUL OF YOUR EMOTIONS

*As humans, emotions are a big part of who we are. They influence our thinking, our feelings, and our behaviour.*



## **DID YOU KNOW?**

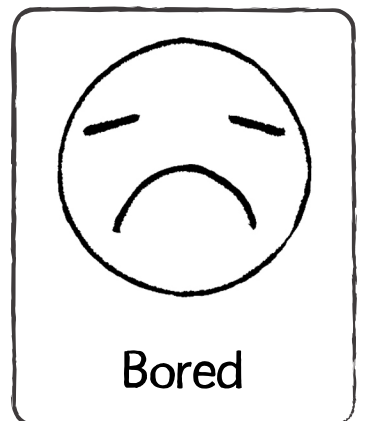
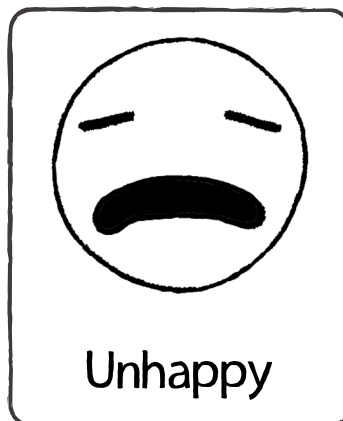
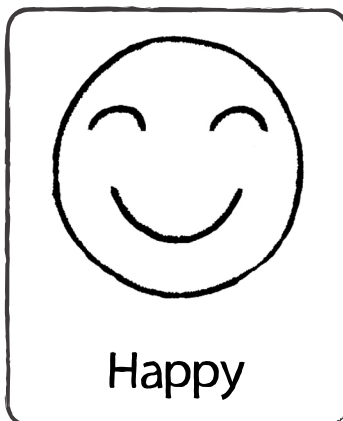
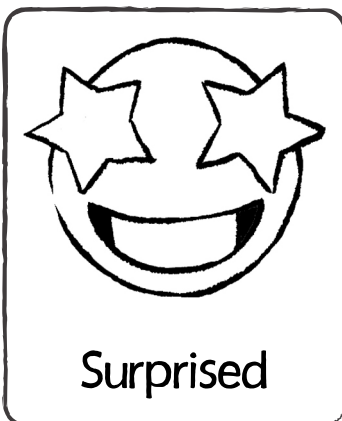
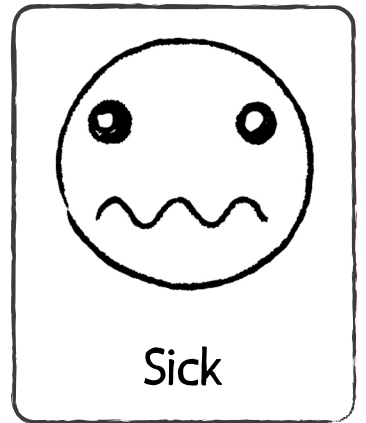
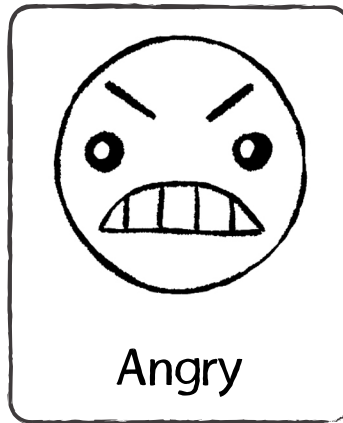
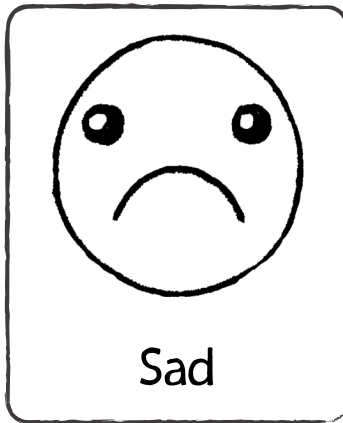
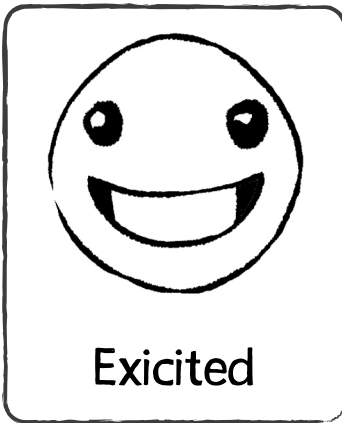
EMOTIONS CAN FUEL UNHEALTHY CYCLES, OR THEY  
CAN BE USED AS ENERGY FOR CARRYING OUT  
PRODUCTIVE ACTIVITIES.



Try to avoid letting unpleasant emotions clog your mind and impact your life. Here is something you can do:

**STEP 1:** Use an emotions calendar to draw what you feel daily. If you have varied emotions on a given day, you can draw it too. Ask yourself why you are feeling this way, and write it down.

Use this mood face chart as a guide for drawing what you feel.





# MY EMOTIONS CALENDAR

Use this Emotions Calendar to keep track of your feelings for a week. Print as many pages as you need.



DATES \_\_\_\_\_

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

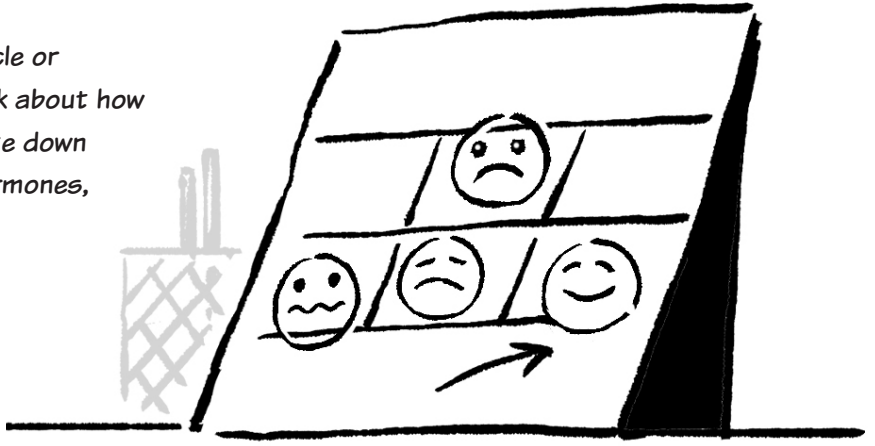
SATURDAY

SUNDAY

REFLECTION



**STEP 2:** Do you see any patterns? Just circle or highlight the patterns that you see and think about how they affect your behaviour. You can also write down factors that affect your moods, such as hormones, weather, and deadlines.



**STEP 3:** Think about what you need or want to change or improve, and how you can do that. Reflect on the moments when you felt inspired and happy, and when you felt sad or stressed. What happened on those days? What helped you remain calm, and what contributed to your happiness?



**STEP 4:** Track your changes. Are you able to stick to them? Why or why not?



**STEP 5:** Be kind to yourself. Don't stress out too much over what you think might be negative patterns, or when you find it hard to commit to the changes you'd like to make. Thinking about and understanding your emotions is a process. Don't be afraid to ask for help.

**STEP 6:** Repeat all the steps as needed. Download and print as many emotions calendars as you want.

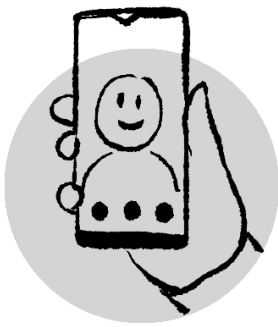


# DEVELOP YOUR DAILY ROUTINE

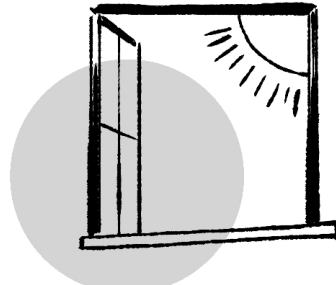
*As humans, emotions are a big part of who we are. It influences our thinking, our feelings and our behaviour.*

*However, there is one thing you can do to get back a little bit of control in the midst of so much uncertainty: establish a regular routine!*

*Set your morning alarm. Wake up at a regular time. Make your bed when you get up. Eat regular meals, work, exercise, or meditate to calm your mind. All these are examples of a routine that can bring you comfort. A routine helps you feel that you still have control over your life amid all the uncertainty.*



**VIDEO CALLS  
WITH LOVED ONES**



**WAKE UP AT  
A REGULAR TIME**



**DANCE THROUGH  
YOUR EMOTIONS!**



**COOKING**



**SETUP YOUR  
MAKESHIFT WORKSPACE**



**MEDITATE TO CALM  
YOUR MIND**





# HOW CAN YOU START A DAILY ROUTINE?

## 1. PLAN

It is important that you set aside some time for yourself, to plan your day/week/month. You don't have to do anything drastic. Just list down the regular things that you do every day, and set times for each.

## 2. REFLECT

What are the things that are working well in your current routine? What about those that don't work so well? What are the things that matter most to you? Make sure to cross out the things that don't work, eliminate distractions, and add things that you'd love to do, or do more of.

## 3. MAKE IT HAPPEN!

You create your routine, so now you can follow it! Post it somewhere that you get to see it, so you can be reminded always.



# MY DAILY ROUTINE



What am I excited about today?

What is important to me? What is my purpose? And what can I do today to get closer to it?

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	





# EXERCISE

*Regular exercise benefits not just your physical well-being but also your mental wellness. Studies have shown that exercise can reduce stress, help you recover from depression and anxiety, and improve your sleep.*



Find five things in this page that are identical!



# DID YOU KNOW?

EXERCISE BOOSTS YOUR MOOD BECAUSE IT RELEASES ENDORPHINS AND SEROTONIN INTO YOUR SYSTEM. PLUS, EXERCISE CAN HELP YOU CONNECT WITH OTHER PEOPLE, REDUCING FEELINGS OF LONELINESS AND ISOLATION.

Spell your nickname and do the exercise based on the letters!  
Making the effort is the first step to a healthier and happier you 😊



<b>A</b> 15 KNEES PUSH-UPS	<b>B</b> 10 CHAIR SQUATS		
<b>C</b> 10 PLANKS TO DOWNWARD DOG	<b>D</b> 1 MINUTE BICYCLE CRUNCH	<b>E</b> 15 JUMPING JACKS	<b>F</b> 1 MINUTE PLANK
<b>G</b> 20 SQUATS	<b>H</b> 25 DONKEY KICKS	<b>I</b> 10 PUSH-UPS	<b>J</b> 15 SIDE LEG LIFTS
<b>K</b> 20 ARM CIRCLES	<b>L</b> 15 LUNGES	<b>M</b> FREE DANCING WITH MUSIC	<b>N</b> 2 MINUTES MOUNTAIN CLIMBER
<b>O</b> 10 SUMO SQUATS	<b>P</b> 10 KNEES PUSH-UP	<b>Q</b> 10 SPLIT JUMPS	<b>R</b> 1 MINUTE RUSSIAN TWIST
<b>S</b> 10 SKI SQUATS	<b>T</b> 1 MINUTE HIP SWIRLS	<b>U</b> 1 MINUTE AIR PUNCH	<b>V</b> 20 ARM LIFTS
<b>W</b> 5 BURPEES	<b>X</b> 20 JUMPING KICKS	<b>Y</b> 10 COURTESY LUNGES	<b>Z</b> 20 SIDE BENDS

# TIPS FOR A SIMPLE BREATHING EXERCISE:



1.

Sit on a chair or on the floor, or lie in bed or on a yoga mat. Make yourself as comfortable as possible. Place one hand on your chest, and the other on your belly.

2.

Breathe in through your nose and out through your mouth. Breathe as gently as you possibly can. Let your breath flow through your belly and let your body relax. Notice the movement of your belly. Do this by counting from 1 to 5 while breathing in, and counting from 1 to 5 while breathing out.

3.

Do the breathing exercise for 3 to 5 minutes.



Find the following words in the table below: comfortable - breath - nose - body - relax - exercise - inhale

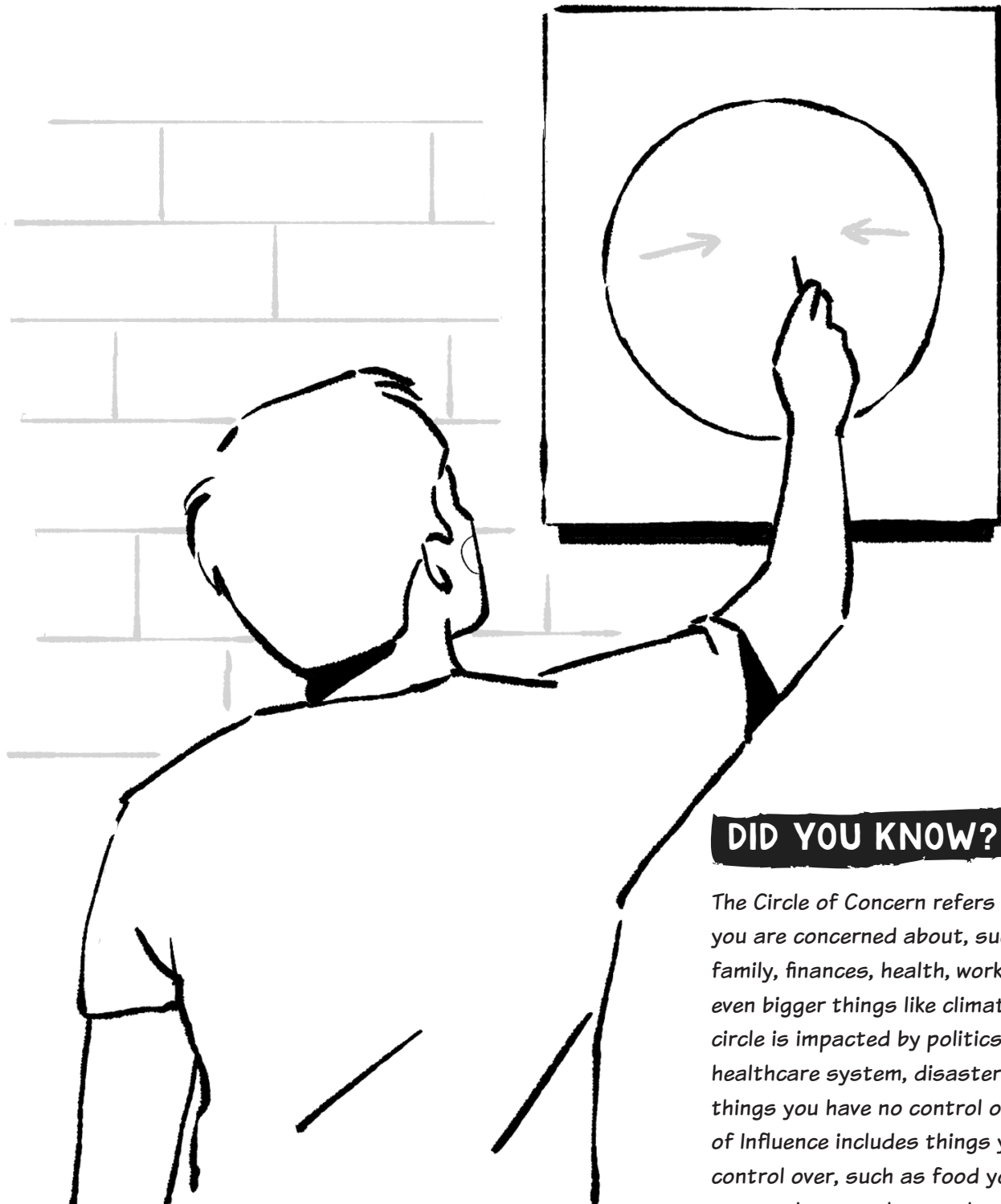
B	O	D	Y	X	U	H	L	G	S	Y
W	R	E	L	A	X	G	M	J	Z	E
T	K	E	X	E	R	C	I	S	E	D
I	N	H	A	L	E	E	W	S	B	Z
X	M	F	V	T	Z	A	O	E	O	L
I	F	X	U	V	H	N	C	K	V	W
C	O	M	F	O	R	T	A	B	L	E





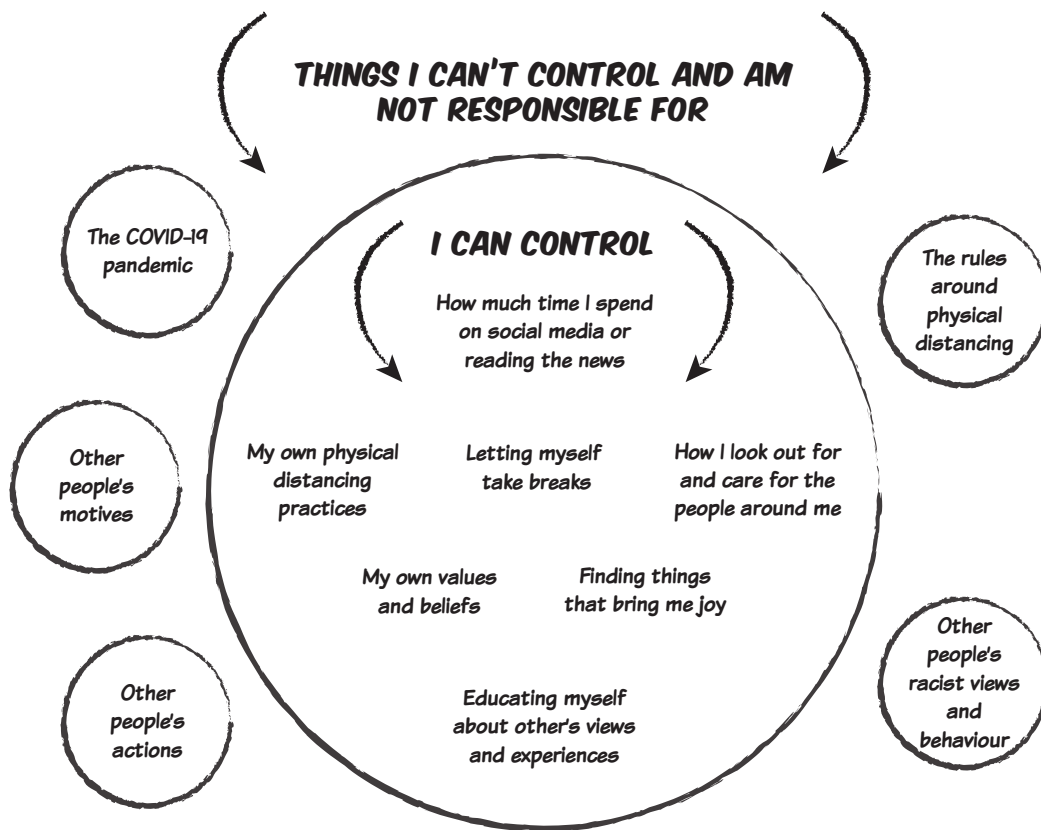
# CREATE YOUR CIRCLE OF CONTROL

*It's important to acknowledge that there are things in your life that you can control, and things that you can't. This is why it is important to look at life through the lens of these two different circles.*



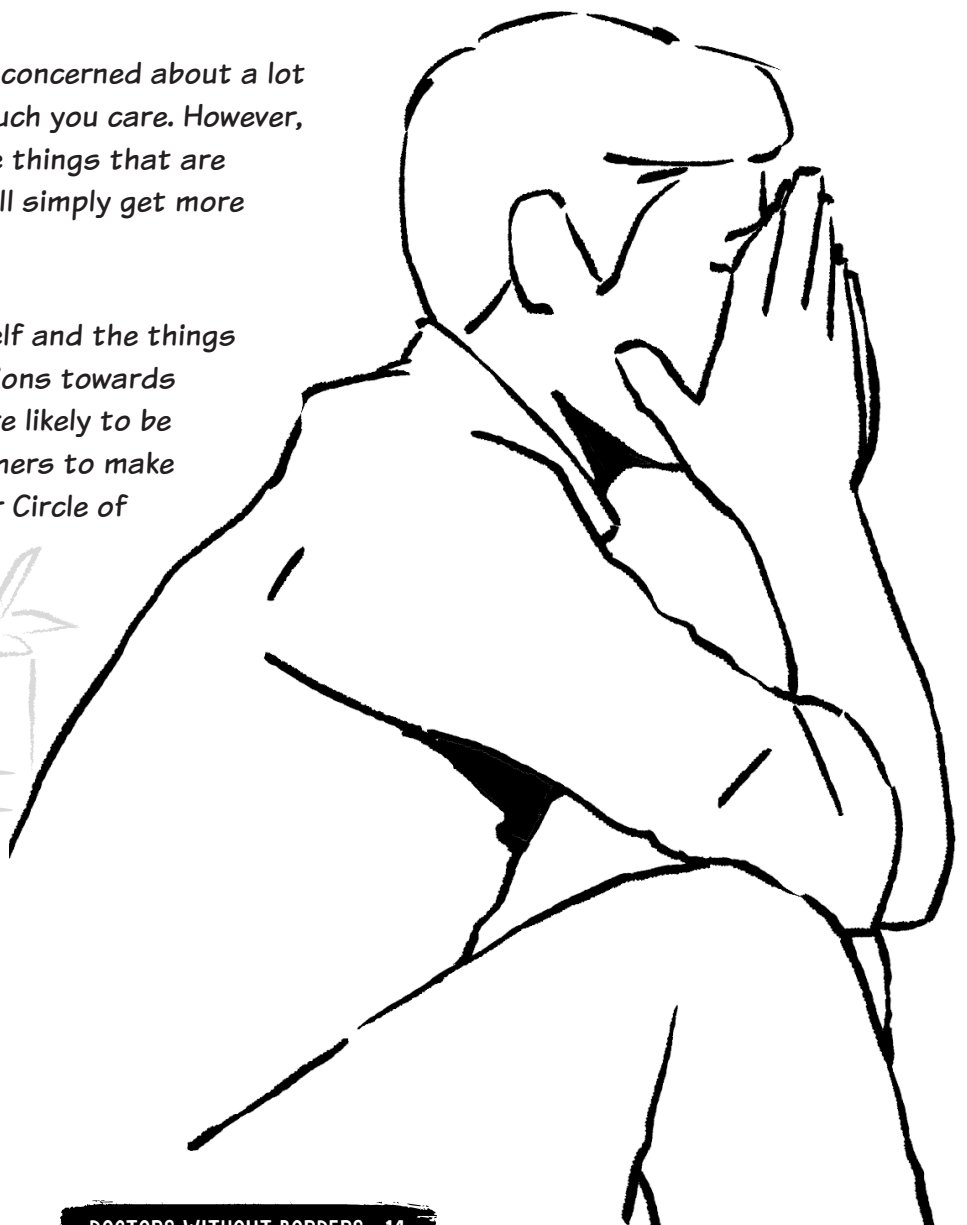
## **DID YOU KNOW?**

The Circle of Concern refers to things that you are concerned about, such as your family, finances, health, work or business, even bigger things like climate change. This circle is impacted by politics, the economy, healthcare system, disasters, etc. -- things you have no control over. The Circle of Influence includes things you have control over, such as food you buy, books you read, your values and actions, etc.



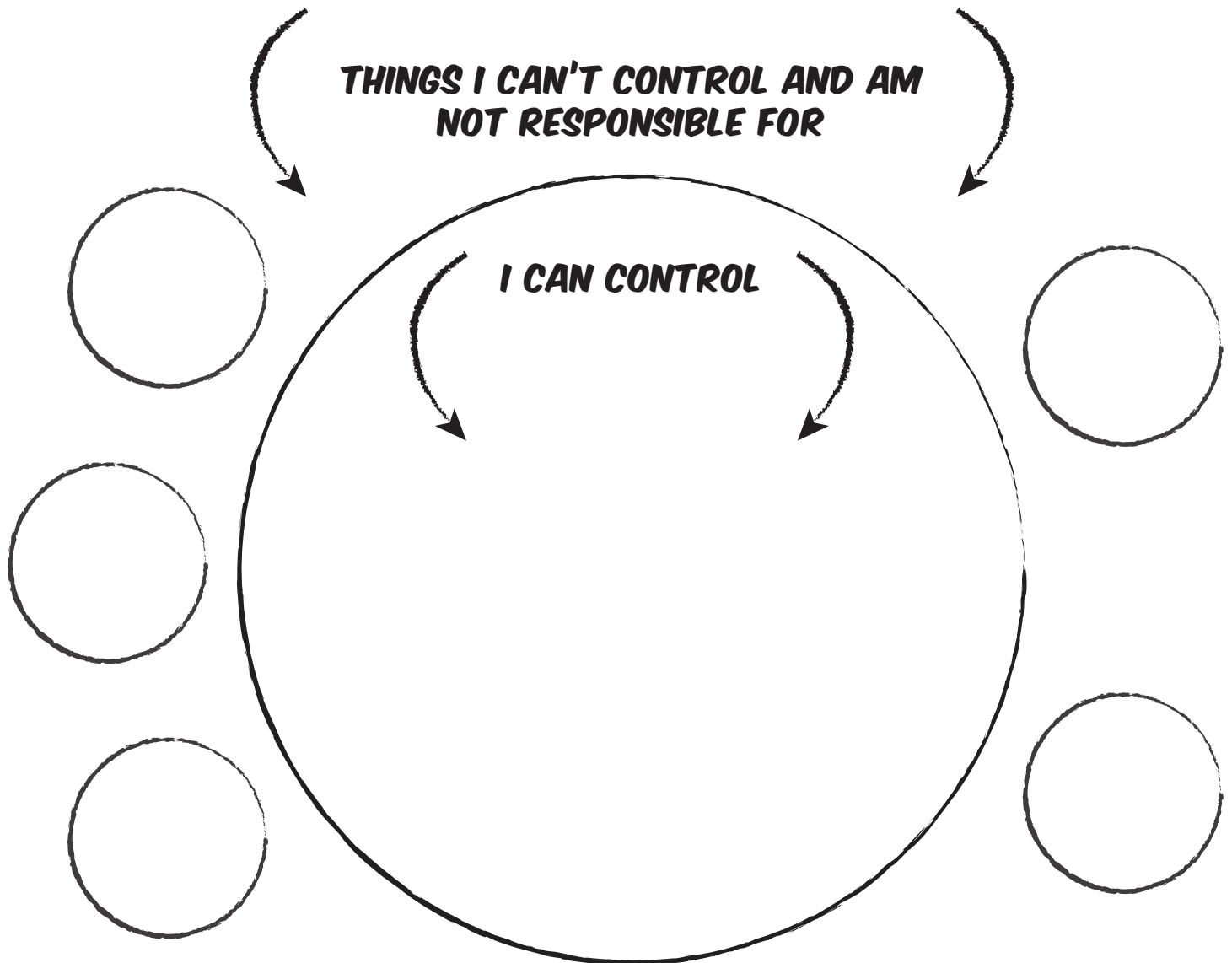
There is nothing wrong with being concerned about a lot of things. In fact, it shows how much you care. However, you need to accept that there are things that are beyond your control. If not, you will simply get more stressed and anxious.

If you exert more effort on yourself and the things you can control, such as your actions towards others, eating healthy etc., you are likely to be more successful at influencing others to make positive changes. In this way, your Circle of Influence gets bigger.





# CREATE YOUR CIRCLE OF CONTROL



## **How to use the template:**

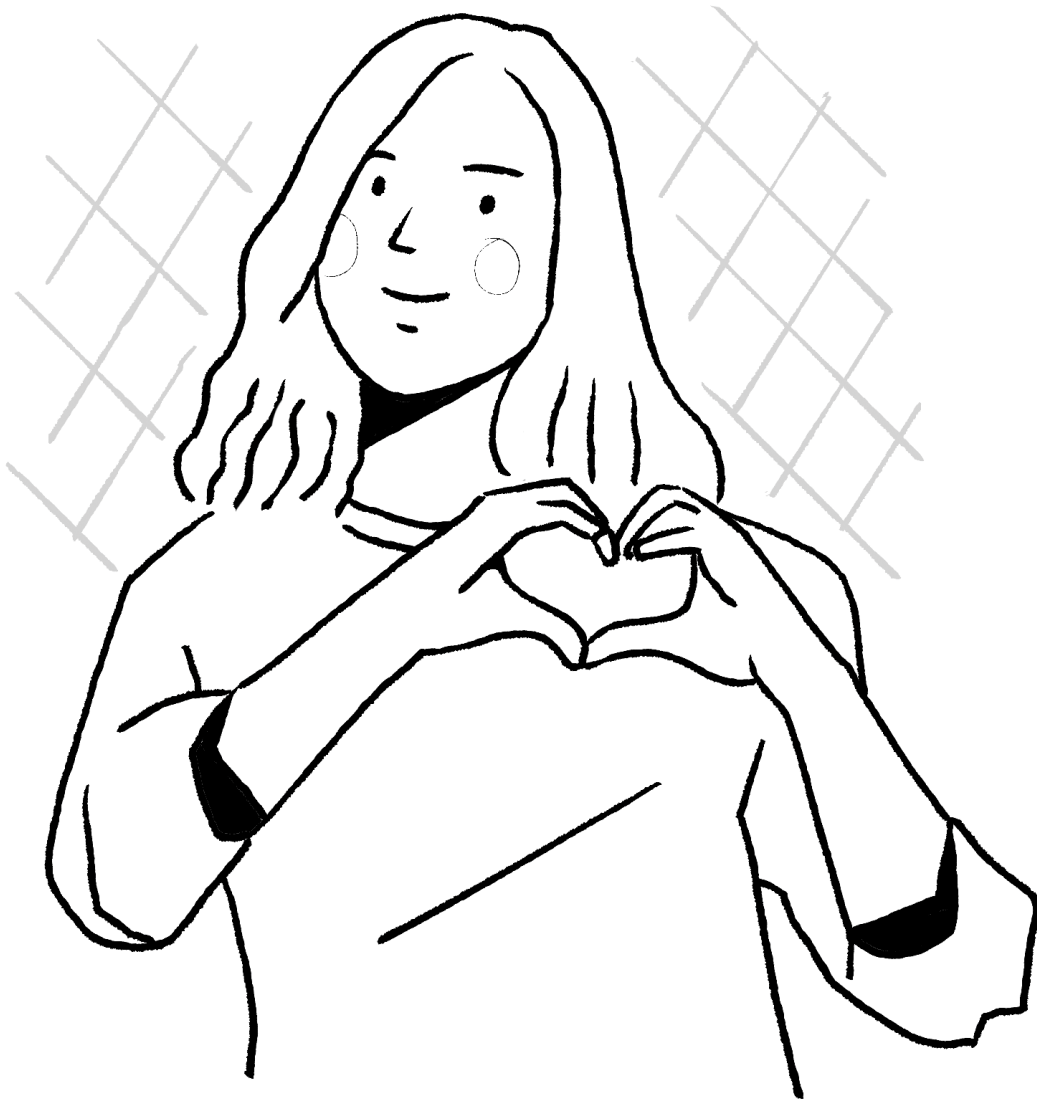
1. Identify the problems or concerns that are bothering you right now.
2. Think about the problems that are out of your control. Write these down outside the circle.
3. For the problems over which you do have direct control, or even indirect control (influence), reflect on these questions:
  - a. If you have direct control, what actions can you do? Write these down.
  - b. Do you have indirect control/influence? How much? Rate this from 1 to 10, with 10 as the highest. If your influence is less than 5, focus on accepting that you really cannot control these things. If it is greater than 5, write it down inside the circle only after asking yourself these questions:
    - i. Do you really have as much influence as you think?
    - ii. Do these people really need your help?
    - iii. Do you have the time and resources to devote to influencing others?
    - iv. Can you still focus on your own needs without getting burnt out or obsessed with other people's problems?

# FIND THINGS TO BE THANKFUL FOR



*Being grateful can make you happy!*

*Gratitude is about appreciating what you already have and being happy with it. With gratitude, we are training our brains to focus on seeing positive things even in unpleasant situations. Not only does this make us happier, but it can also improve problem-solving skills.*



## **DID YOU KNOW?**

**GRATITUDE ENCOURAGES POSITIVE EMOTIONS, VALUES MEMORIES AND EXPERIENCES, IMPROVES HEALTH, AND FOSTERS STRONG AND BEAUTIFUL RELATIONSHIPS.**

How can you benefit even more from the positivity of being thankful?  
By keeping a gratitude journal!



# MY GRATITUDE JAR



**Five things that I am thankful for today**

<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____		

**The person/s I am most grateful for, and why?**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**The hobbies and activities that I love the most**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**The person/s who made my life a little bit easier this pandemic**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**The lessons I've learned**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_





# START A JOURNAL



Aside from having a gratitude journal, you can actually make use of a practice called journal therapy. This can help manage your emotions, and help improve your mental health.

Use a journal to write anything and everything that you want -- from what you're thinking in your head to what you're feeling in your heart!



Writing can be very therapeutic. It enables you to organise your thoughts and feelings, banish negativity, and regain control over certain challenges.

## DID YOU KNOW?

JOURNALING CAN HELP YOU MAKE SENSE OF THINGS, BEAT STRESS, AND IMPROVE YOUR MOOD!

# SO, WHAT CAN YOU DO WITH YOUR JOURNAL?

1. *Write down your day-to-day experiences.*
2. *Give yourself a pep talk or some motivation.*
3. *Talk about your life goals and how to achieve them.*
4. *Record your challenges and the actions you made.*
5. *Draw or make a collage of the things you cannot express in words.*



# MONTHLY PEP TALK



## MY INTENTION

## WHY I REMAIN FOCUSED

## THINGS I LOVE ABOUT MYSELF

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## SELF-CARE IDEAS

## HAPPY THOUGHTS





# TRY EXPRESSING YOURSELF WITH ART AND COLOUR

*Art and colour therapy can help you de-stress, communicate, and express yourself. This type of therapy includes drawing, sketching, painting, sculpture, colouring, and many different creative forms.*

## DID YOU KNOW?

Art and colour therapy is all about helping you relax through art, and expressing your feelings and emotions.





*Don't be too stressed about the final output – that's not important. What is crucial is the process and experience.*

## WHAT TO DO?

1.

*Use the pages in this Activity Book to colour and/or create your own art.*



2.

*If you chose colouring or sketching, do not be afraid to play with colours and strokes, to layer, add details, etc.*

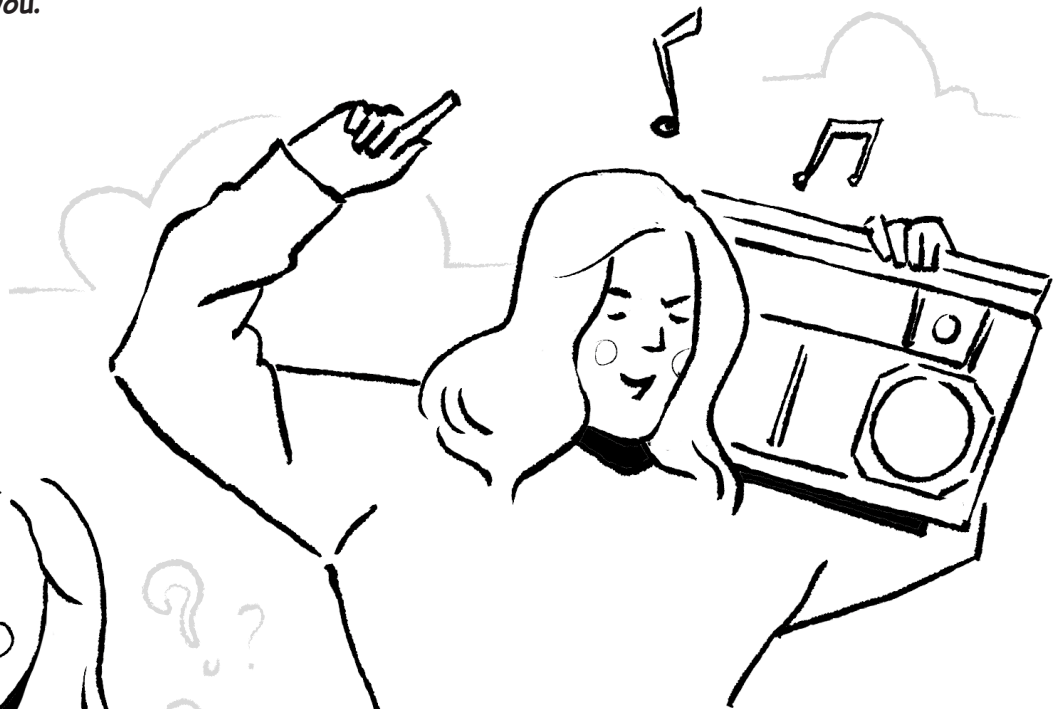
3.

*Do not think too hard. Just let your intuition guide you.*



4.

*Play some music or find inspiration in the things around you.*



5.

*When you're done, reflect on what you've created, how you felt while creating it, and how you felt when you finished.*





LET'S COLOUR!



Print as many pages  
as you need.

*Doctors Without Borders is an international, independent medical humanitarian organisation that delivers emergency aid to people affected by armed conflict, epidemics, pandemics, disasters and exclusion from healthcare.*

*We offer assistance to people based on need and irrespective of race, religion, gender or political affiliation. Mental health and psychosocial support are part of our emergency work in over 70 countries around the world.*

*Find more about us on [www.doctorswithoutborders-apac.org](http://www.doctorswithoutborders-apac.org)*

*This activity book includes some elements from the mental health booklet developed by the Doctors Without Borders team in Indonesia.*

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