

## Make relationship with others



**When you face moments you can not control, you may feel helpless. Having conversation with your family, friends and people around you on how you came over the day and stepped forward may help. Just staying together may help the others feel safe.**

Start from what's most important to you



Choose what's most important for you from many anxieties around you. For example, relationships with someone important, you and your family's health...

## Tips to control your mental health under disaster

**In times of disaster, many inconveniences and difficulty may occur. Here are 5 hints to keep healthy days during unusual days.**



# Find a way to make you comfortable

Look for a way to make you feel better. Moving your body, stretching, talking to someone... Ways may vary. Even in limited space or limited condition, think of something that makes you relax.



Focus on something you can control rather than something uncontrollable



Unpredictable things happen in times of disaster. When you feel confused and can not think of what to do, take a breath and make clear what is controllable and uncontrollable. Start from what you can change. For example, simple things like tidying up your belongings, Recognizing that you are controlling something may raise your mental health.

# Keep your routines

Routines may bring back your own pace even in horribly changing times. **Maintain your routine as much as possible.** If difficult, such as taking 5 minutes rest during your task, taking meals at certain times, doing radio exercises; start from **what you can do at your own pace.**

