

Make relationship with others

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...



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.**

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.**

