INFORMATION ABOUT SELF-CARE FOR MENTAL HEALTH

Mental health care includes activities that balance our emotions and help us think positively in all situations. To be able to do that, you need to maintain healthy living habits while learning how to direct your thoughts in a positive way. You need to combine it with physical health care and apply psychotherapeutic methods.

- **Take care of your physical health:** You can enhance your health by adopting healthy living habits such as having a well-balanced diet, getting regular light exercise and resting. Having a healthy physical state will help improve your mental state.

- **Psychotherapy:** Sharing and talking with a professional can help you release negative emotions and thoughts. However, if you are close with someone who have a lot of life experience, try to reach out to them and listen to their advice to overcome your difficulties.

- **For people with severe mental health conditions,** psychologists will use more appropriate treatment methods. At the same time, they may also use some appropriate medications to support and help you feel comfortable during the treatment.

REFERENCES

Treating post-COVID-19 anxiety disorder

- **Psychotherapy**

- **Anxiety related to COVID-19** has more effect on people with less skills to deal with difficult situations.

- **Cognitive-behavioral therapy** allows patients to develop strategies to re-establish relationships and increase their tolerance.

- Performing this therapy **twice a week** and combined with **deep breathing exercises** will help improve anxiety symptoms after recovering from COVID-19.

- **Pharmacotherapy**

In some cases, doctors may **recommend using anti-anxiety medications for a short time,** such as new and mild sedatives or antidepressants.