



HOW TO STAY HEALTHY AND MENTALY FIT DURING LOCKDOWN



1. **CONNECT** with family and friends using technology
2. **Do exercise** at home and take adequate sleep
3. **DISCONNECT** from fake news and excessive TV news
4. **PLAN** a routine and find time to unwind
5. **Be COMPASSIONATE** & think of others
6. **STOP**, take a breath and be positive

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