

## INTERVENTION 4: MHPSS activities for adults in isolation/quarantine

During quarantine, where possible, safe communication channels should be provided to reduce loneliness and psychological isolation (e.g. WeChat).



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### ACTIVITIES THAT WILL SUPPORT ADULTS' WELLBEING DURING HOME ISOLATION/QUARANTINE

- Physical exercise (e.g. yoga, tai chi, stretching)
- Cognitive exercises
- Relaxation exercises (e.g. breathing, meditation, mindfulness)
- Reading books and magazines
- Reduce the time spent looking at fearful images on TV
- Reduce time listening to rumours
- Search information from reliable sources
- Reduce time looking for information (1-2 times per day, rather than every hour)