

Remote working



No more commuting




more time with family


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increased screen time




less in person interaction



increased social media use



multiple roles



increased work load

YOUR MENTAL HEALTH

SHOULD BE YOUR PRIORITY



have a routine:
wake up and sleep time,
meal time etc



be mindful:
be at your present time,
express gratitude



Do your hobbies
Kdrama, cooking,
gardening etc



Write down things you
need to work on



utilize commute
time



minimalize
distraction



Put down your phone



find help from
professionals