Seven psychological vaccines that protect your mental health from coronavirus.
First vaccine called **Encouragement**

Encourage yourself!

Accept and acknowledge the stress response as normal.
And encourage yourself.

"I'm controlling my emotions and taking good care of my worries!
I need to be careful but I won't worry too much."
Second vaccine called Positivity

Do good things!

Do small things that help relieve stress for people around you or members of the community.

“It's okay even if it's trivial. I will send a message of encouragement or call someone who's having a hard time.”

I・SEOUL・U

Seoul Covid-19 Psychological Support Center
Third vaccine called Practice

Take the initiative in keeping personal hygiene regulations!

Observe personal hygiene regulations.
Act morally and ethically.

“I will wash my hands well, always wear a mask, and keep my cough etiquette!”

I・SEOL・U
서울시 COVID19 심리지원단
Seoul Covid-19 Psychological Support Center
Fourth vaccine called **Knowledge**

Know accurately!

Get regular access to information from trusted sources and get to know the coronavirus properly.

“*I'm not gonna be fooled by the fake news.*”

I·SEOUL·U

Seoul Covid-19 Psychological Support Center
Fifth vaccine called **Hope**
Know it's over at the end!

Many infectious disasters have cycles.
Clearly recognize that the end comes after the coronavirus disease pandemic.

"Even if it gets a little longer, it'll be over soon!
The cure will come out soon."

- Seoul Covid-19 Psychological Support Center
Sixth vaccine called **Information**

Know how to get help!

Check in advance where to contact when suspected symptoms occur, such as a public health center or a screening clinic.

“There are many places to help
All I have to do is get in touch!”
Seventh vaccine called **Balance**

Maintain a balanced reason!

Strive for the balance of emotion and reason, the balance of body and mind, the balance of family and work, and the balance of anxiety and stability.

Loss of balance between body and mind creates confusion.

Try to have a proper sense of balance.

“*Let's trust my reason! Let's deal wisely and wisely! Don't get too emotional!*”

“There are many places to help! All I have to do is get in touch!”
written by Hyun-soo Kim
Director of the Seoul Covid 19 Psychological Support Center

Reference

Computer-assisted resilience training to prepare healthcare workers for pandemic influenza: a randomized trial of the optimal dose of training