

## Tips for everyday life during the Corona pandemic

- 1. Handle information with care!** Use scientific sources, e.g. *Robert-Koch-Institut*, for information.  
([https://www.rki.de/DE/Content/InfAZ/N/Neuartiges\\_Coronavirus/nCoV.html](https://www.rki.de/DE/Content/InfAZ/N/Neuartiges_Coronavirus/nCoV.html))
- 2. Take a break** from all the information concerning the Corona virus **regularly**. Turn off your cell phone or specifically watch the news just once a day, e.g. [www.tagesschau.de](http://www.tagesschau.de) or [www.zdf.de/nachrichten](http://www.zdf.de/nachrichten)
- 3. Find a routine for your day-to-day life!** Get up early during the week. Try to get up at the same time from Monday to Friday, e.g. at 7 am. Schedule your lunch break at a specific time, e.g. 12:30 pm. Do the same for your supper.
- 4. Stay in contact with your family and friends!** Talk to your friends and family on the phone. You could also use digital ways of communication like emails and chats. Or why not write a letter?
- 5. Give yourself a treat!** Use the time to read a book or to watch the serial you always wanted to watch but never had the time for. Or learn something new. How about cooking? You can find helpful tutorials for example on youtube.
- 6. Stay healthy!** Sleep a lot. Eat healthy. Go for a walk – that is fun in pairs or alone as well. Nature has a lot to offer at this time of year.
- 7. Reduce stress!** Next to walks, jogging and exercise outside, meditation or exercises for progressive muscle relaxation can help to reduce stress. The apps 7mind and Balloon offer exercises for free. Consuming alcohol or other intoxicating substances is not a good idea for stress relief.
- 8. Take responsibility!** Adhere to the rules ([link](#)) and stay at home as much as possible. If you want to help other people during this crisis, e.g. by going grocery shopping for elderly people, offer your help via professional providers. The free app nebenan.de offers several possibilities digitally. Furthermore you could join the Corona-specific offer of help of the *Bochumer Ehrenamtsagentur*: [www.ehrenamt-bochum.de/corona-hotline](http://www.ehrenamt-bochum.de/corona-hotline). This is the link to the registration form: [https://www.freinet-online.de/forum/register\\_extern.php](https://www.freinet-online.de/forum/register_extern.php)
- 9. If none of the tips are helpful and you need help from a doctor, call emergency medical services at 112** (the German 911)!