



2019 NOVEL CORONAVIRUS UPDATES

Caring for Our Families

Family units are the building blocks of our society.

Strong families play a crucial part of making resilient communities and promoting individual wellbeing.

Here are some tips to help us build a more cohesive family unit with our loved ones.

Help alleviate family members' concerns



- Address concerns by family members with regard to our health (e.g., protective measures taken by the workplace)
- Provide assurance by sending family members positive notes during break times, whenever possible

Model healthy coping skills



- Engage in a healthy lifestyle together by eating well, exercising, and maintaining good sleep hygiene so as to increase immunity levels among family members
- Engage in indoor or outdoor leisure activities to reduce stress as a family
- Remind family members of fake news tactfully and redirect them to relevant and credible sources (e.g., Gov.sg and MOH website)

Create a sense of safety within family unit



- Take time to listen and support one another when family members express fears and worries
- Encourage writing and drawing positive notes to increase psychological wellness among family members
- When day-to-day family issues arise, strive to maintain family harmony by inspiring positive responses

Operational Psychology Branch

If you require additional support, please contact us at 65469500 or PRIS_MR@PRIS.GOV.SG



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