



COVID-19 UPDATES

Mid-Year is Here!

Reasons why you should still plan for the mid-year!



We all need a mental break. With the evolving situation we are facing, sometimes, all we want to do is to pull the hand-brake and recharge.



Life can be hectic. Our families are affected by the various life adjustments. So, we do need to stop, pause, and perhaps realize, that there is positive growth amidst the chaos.

Here are some ideas to plan for the mid-year!

Bring nature into our homes

If the tent is stored away, perhaps it's time to spend a night in it (or build a tent). Watch a video, close your eyes, and imagine your surroundings. Be creative as you re-create past memories or make new ones with your loved ones.



Spread the love and kindness to others

“The more we give, the more we will receive”. Create a list of good deeds that you wish to act on towards your family, neighbours, colleagues, and friends. This range from buying savoury food, gifts, or even helping them with chores. Remember to practice safe distancing!

Pick up a new activity / hobby

Do you feel like you need a new activity? Learn new skills such as a sport activity, handicraft, photography, growing a plant, or even cooking! Surprise yourself (and even your loved ones)!



Need more ideas?

Refer to the attachment found in this broadcast 😊

Operational Psychology Branch

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



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