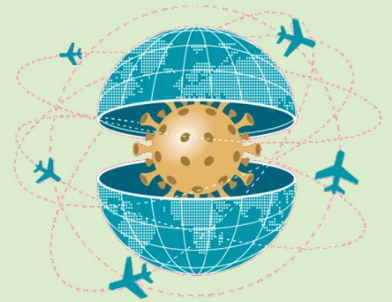




Corona panic is a **BIGGER THREAT** than Coronavirus

Here's how you can avoid it

With over 100,000 cases across 100 nations, Coronavirus has emerged as a potent threat that has created anxiety and panic among the general population. While some anxiety is good as it helps you be cautious and avoid this deadly disease, too much of it can hold you back from going on with your life.



Are you experiencing any of these signs of panic?

- 👤 A perceived loss of control
- 👤 Sense of feeling trapped
- 👤 Irrational fear
- 👤 Hypervigilance
- 👤 Social withdrawal

Here's what you can do

- Focus on what's in your control: sanitation and hygiene
- Seek information from credible sources such as WHO, CDC, etc.
- Avoid sharing unverified information on social media
- Be mindful about forming impressions of others
- Be in contact with your support system
- Keep a track of your immunity levels



We are here to help you counter this anxiety and panic.
Please reach out to our **EAP** counsellors for further assistance.