

- **Take a deep breath**
- **Drink plenty of water**
- **Discuss and negotiate with others**
- **Don't forget to get rest**
- **Don't feel hopeless or depressed**
- **Make friends**
- **Perform your normal duties and balance life**

Take a deep breath

Taking a deep breath can help you to reduce anxiety. You might forget to breathe when you are protesting on the street. Don't forget to breathe.



Drink plenty of water

Before leaving your house, take enough water with you. You may sweat a lot due to the weather and physical activities. Don't forget to drink enough water.



Discuss and negotiate with others

When you talk to those who don't agree with you, negotiate with them. Firstly, you may encounter the elders within the family. Try to be courteous to those who prohibit you from doing things your way. Negotiate to reach your goal, but don't fight.



Don't forget to get rest

Walking around and shouting is exhausting. Wearing masks due to Covid 19 may exacerbate it. Try to rest in the shade often. Otherwise, go out in the morning and take a break in the afternoon or do it every other day.



Don't feel hopeless or depressed

We all feel discouraged or want to give up when we hear unexpected news worrying that we may not reach our goals. Try to remember what you have done and achieved in the past and re energise yourself to move forward. Remind yourself what your initial goal is.



Make friends

Try to go out with at least two friends. Doing this will make both you and them feel safe and secure.

Try to share your thoughts as they share the same belief with you. Listen to their feelings.



Perform your normal duties and balance life

Perform your routine activities, for instance, house errands, physical exercise or office works. During this time, we need balance in everything to maintain our mental health.

