

WELLBEING

COVID-19 DO YOUR PART

1

Look for information **only** from reliable sources **once or twice a day.**



2

Use technology to keep in touch with your family.



3

Establish a daily routine and take advantage of your time to do those things you love but usually cannot do, such as reading a book, watching a movie, etc.



4



Enjoy time with the other members of your house.

5

Set up breaks for stretching, at least **10-15 minutes every 2 hours.**



6

Face the situation with **positive thoughts.** Although it is difficult, you are doing something essential for the common good.
¡You are saving lives!



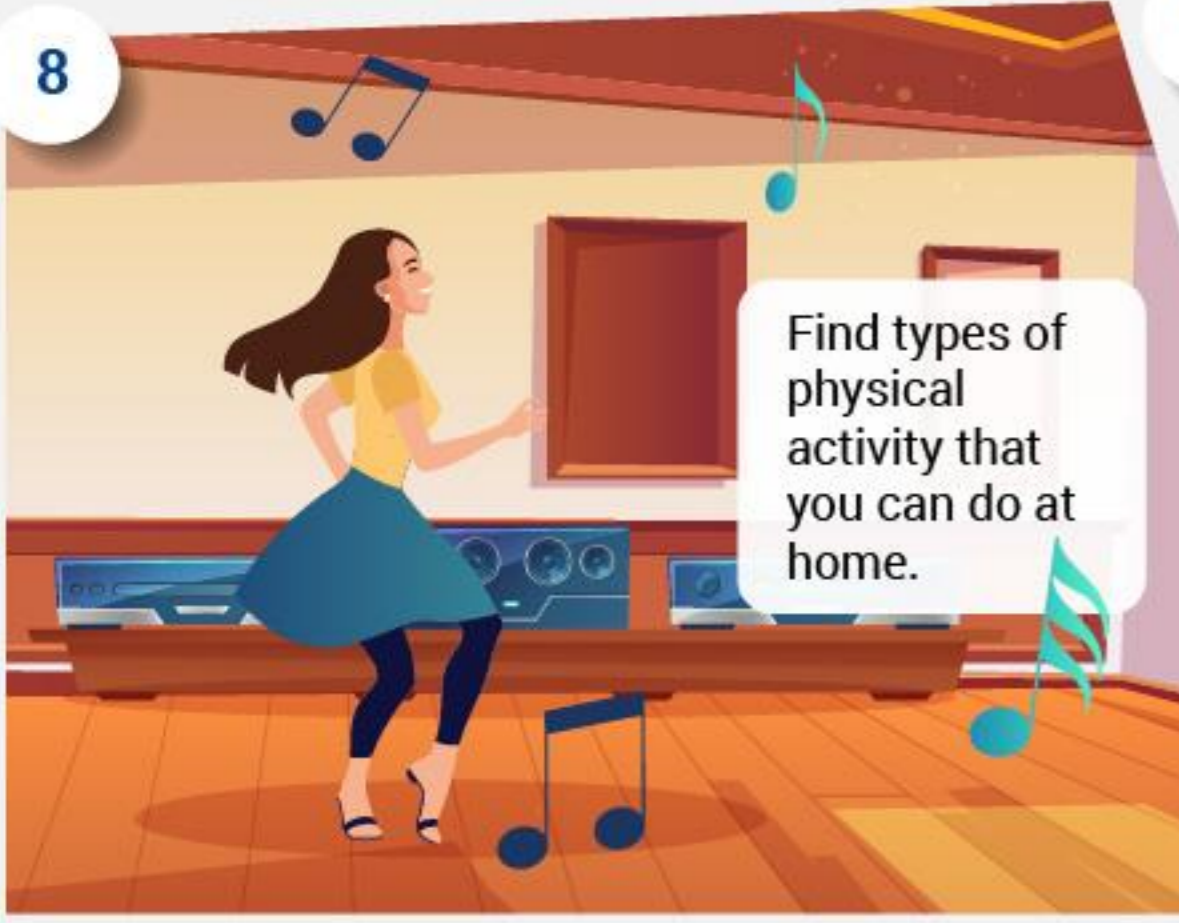
7

Get sunlight for a few minutes, this brings enormous benefits to your health.



8

Find types of physical activity that you can do at home.



9

Work as a team so that household chores are distributed among all of its members.



10

Sleep well, eat in a balanced way and stay hydrated.



11

Contact a health professional if you need support.



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