

## Wellness in Mind and Body



Thank you for working with us to keep you safe and healthy. Your health and mental wellbeing are very important to us.

Mental wellbeing is about how we think, feel and behave. It is normal to feel anxious, confused, stressed, sad or angry during a crisis. To better cope with pent-up feelings and worries, try these tips to **stay positive and happy!**

### Stay active and try these exercises on your own:

- **Breathing exercise** (*repeat all steps 5 times*)
  1. Inhale (4 secs)
  2. Hold breath (4 secs)
  3. Exhale (4 secs)
  4. Hold breath (4 secs)
- **Breathing and muscle relaxation videos** (*by CMSC*)



*Bengali*



*English*



*Mandarin*



*Tamil*

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- **Breathing exercises and workout**  
(by HealthServe)



Breathing



Workout



*A heartfelt thanks to the following non-governmental organisations (NGOs) for offering resources that help boost our migrant workers' mental wellbeing – Covid-19 Migrant Support Coalition (CMSC), Crisis Relief Alliance (CRA), HealthServe and Migrant Workers' Centre (MWC).*



**MINISTRY OF MANPOWER**