

**COVID- 19 SELF CARE**

**PREVENTION IS BETTER THAN CURE**

**MCJ Counselling centre MSSW**

**Please Relax and answer the checklist ( revised)**

Mark yourself from the scale of 1 to 10 (low to High).

How do I know that I am Stressed/ Anxious now?

1. I find myself getting upset for even trivial things.	1 2 3 4 5 6 7 8 9 10
2. I have dryness in mouth.	1 2 3 4 5 6 7 8 9 10
3. I experience breathing difficulties.	1 2 3 4 5 6 7 8 9 10
4. I tend to overreact to situations	1 2 3 4 5 6 7 8 9 10
5. I have shivering hands/ feeling shakiness.	1 2 3 4 5 6 7 8 9 10
6. I perspire noticeably- sweaty palms even when not working physically	1 2 3 4 5 6 7 8 9 10
7. Even a smallest change makes me feel fearful	1 2 3 4 5 6 7 8 9 10
8. I feel scared of everything around me. .	1 2 3 4 5 6 7 8 9 10
9. I find hard to settle/clam down after something upset me	1 2 3 4 5 6 7 8 9 10
10 I am stressed about situations and in which and make a fool of myself	1 2 3 4 5 6 7 8 9 10
11. I tend to get anxious when I think of COVID-19	1 2 3 4 5 6 7 8 9 10
12. I am scared that I will get infected.	1 2 3 4 5 6 7 8 9 10

Please add the total and if its less than 80, cool and you need not worry as it very normal to feel so in this situation. Still you would like to contact please feel free to call our help line.

In case your score is more than 80 + please do call us to help you.

Your calls will be attended by trained professionals in psychological counselling.

Seek help without second thought as it's just a call from your place.

**Help line – MCJ Counselling centre.**

**9677035181 ,9884565739 ,9514818566, 9840580971**

