



The personal disruption caused by Coronavirus/Covid-19 Lockdown is taking its toll on people's health, family dynamics and financial situation. The high level of anxiety, stress and prolonged breakdown of routine is affecting the mental health of individuals, consciously and subconsciously.

Through our video series, we hope to equip people with coping mechanisms to handle these unprecedented and testing times.

Topic	Link	Target Audience	Description
Looking After Mental Health During COVID/Coronavirus	https://youtu.be/LxW8tlqWVSU	Everybody	Strategies to stay mentally & emotionally healthy as a family.
COVID Panic - 4 Tips to Handle it	https://youtu.be/lG-kyauSHFk	People who are very anxious & stressed	Tips to handle the fear, stress, worries, and panic people are experiencing.
Dealing with Career & Economic Anxiety	https://youtu.be/jVM4-UbXvN8	Business People Corporates Employees Professionals	The economic and financial impact of this situation is unprecedented. Dealing with it appropriately can help maintain one's mental equilibrium.
4 Ways a Student can Handle COVID-19 Stress	https://youtu.be/2wEVUV2udR4	Students School & College	Students are stressed due to uncertainty of future, education gap and limited activities. Managing this effectively can boost their productivity.

About Us:

InnerKraft is a newly launched digital platform for mental health solutions

For more information, Click on: www.innerkraft.com Email: info@innerkraft.com