

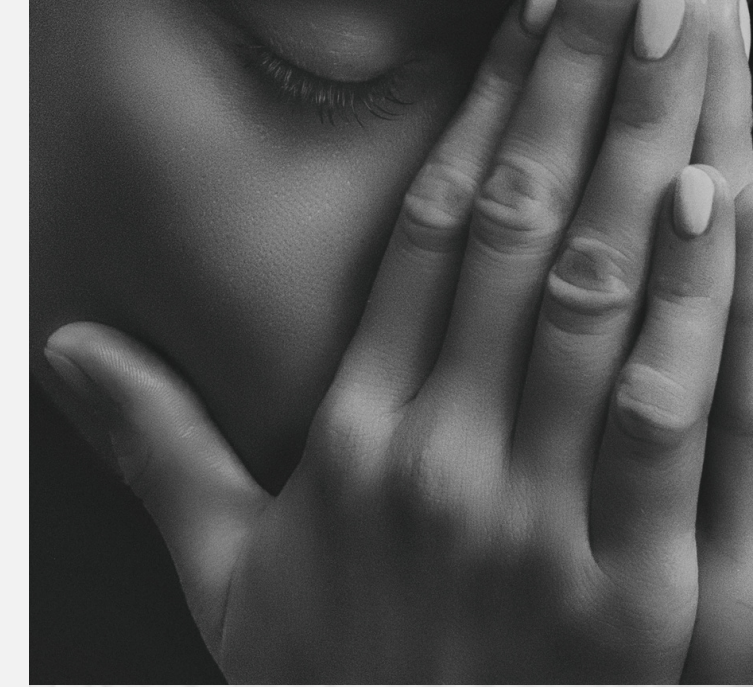
#MENTALHEALTHAWARENESSMONTH



YOU MATTER!

Nourish to Flourish





#MentalHealthMatters



ADDRESS YOUR STRESS: COVID-19 RELATED STRESS



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WHAT IS COVID-19 RELATED STRESS

Stress relating to COVID-19 can be described as the emotional response causing adults and children to feel overwhelmed, stressed, isolated and lonely.

It originates from:

1. The fear of infection
2. Uncertainty
3. Social Isolation

CAUSES OF STRESS RELATING TO COVID-19

LOSS OF INCOME

- The decrease in economic activities
- Closure of businesses
- Increases in unemployment rates
- Job losses in household
- Lower incomes due to the cutting of salaries
- Minimal opportunities to secure employment

WORK-LIFE INTEGRATION

- Essential workers risk of getting infected
- Closure of universities and schools
- Working from home
- Inability to secure resources to work productively from home
- Longer working hours and distractions at home



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OTHER FACTORS THAT CAUSE STRESS DURING COVID-19

- Homeschooling for kids and university students
- The strain on personal relationships and interactions
- Struggling to find a new adjusted routine
- Newsfeeds whether it is fake or factual
- Alcohol, tobacco and other substances abuse
- Gender-based violence during the lockdown
- Not being able to visit family and friends
- Social media
- Concern for you and your family's future

COVID-19 RELATED STRESS: REACTIONS AND EFFECTS

- Feeling stressed and overwhelmed
- Fear, anxiety, anger, sadness, worry and frustration
- Changes in appetite, energy, desires, and even their interests
- Difficulty concentrating and making decisions
- Racing thoughts
- Insomnia
- Feelings of being helpless
- Loss of interest in enjoyable activities
- Headaches, body pains, stomach problems, and skin rashes
- Increased chronic and mental health problems
- Increased use of tobacco, alcohol, and other substances

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ART THERAPY FOR ANXIETY ACTIVITY

FOLLOW THIS LINK FOR ART THERAPY FOR ANXIETY:
[HTTPS://WWW.THIRSTYFORART.COM/BLOG/ART-FOR-ANXIETY](https://www.thirstyforart.com/blog/art-for-anxiety)

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STRATEGIES TO DEAL WITH COVID-19 RELATED STRESS IN GENERAL

- Stay informed but do not obsessively follow the news
- Place your focus on the things that are within your control
- Stay connected and invest in personal relationships even during social distancing and isolation
- Look after your physical and mental health
- Help others as it will provide you with a sense of purpose
- Creating an office space within your home

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STRATEGIES TO DEAL WITH COVID-19 RELATED STRESS IN GENERAL

- Take time to acknowledge your feelings and understand your stress
- Keep your normal daily routine as far as possible
- Maintain a social connection with the community and faith-based organisations
- Take time to relax and do activities that you enjoy
- Exercise on a regular basis
- Eat a healthy and balanced diet

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TEDX TALK ACTIVITY

**FOLLOW THIS LINK TO WATCH A TEDX TALK ON "HOW
TO HUMOR YOUR STRESS":**

<https://www.youtube.com/watch?v=bZMJdhe4xhQ>

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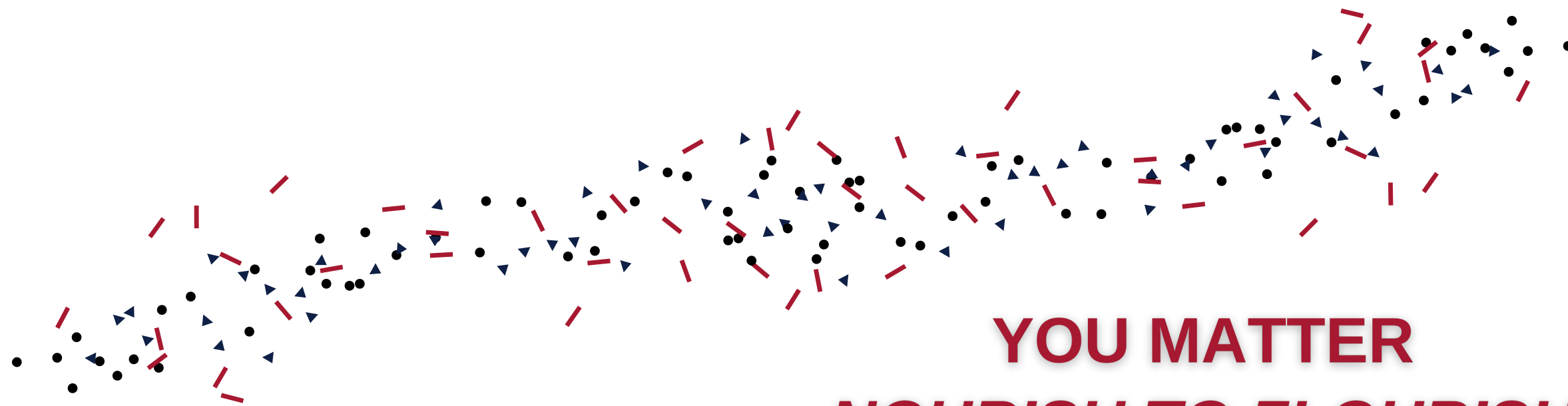
BENEFITS OF EMPLOYING STRESS-REDUCING STRATEGIES

- Reduce feelings of isolation, anxiety, frustration and uncertainty
- Improve work-life balance
- Prevent burnout symptoms
- Improve your personal relationships even within these tough times
- Improve overall mental and physical wellbeing
- Help combat the spread of COVID-19 when people act responsibly
- Improve your locus of control
- Improve resilience and adaptability

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ORGANISATIONAL DEVELOPMENT AND EMPLOYEE WELL-BEING

THANK YOU!
**WE HOPE YOU CAN ADDRESS
YOUR STRESS IN THE FUTURE**



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