



SUPPORTING STAFF DURING COVID 19

The restraint measures to curtail the coronavirus has drastically altered the way we think and work. During these uncertain times of the COVID-19 lockdown, staff may find themselves experiencing mixed feelings about the current climate, social isolation, job security, finances, wellbeing and safety. Individuals may also fear the possible loss of a loved one, friend or colleague. Many individuals are also struggling with stress, anxiety and the lack of coping strategies during this coronavirus crisis. The adverse effects of stress no doubt will influence one's logical thinking process, rational decision making and sense of reality. It is important to particularly pay attention to sudden changes in one's thoughts and behaviours.

Warning signs and symptoms

- Excessive anxiety
- Social withdrawal
- Suicidal ideation
- Substance abuse
- Prolonged feelings of sadness
- Unexplained physical ailments.
- Changes in your eating and sleeping patterns

Self-care tips to assist your mental health whilst at home



<https://www.williamjames.edu/news/Mental-Health-in-the-time-of-Coronavirus.cfm>

- Manage how you follow information on the media
- Stay connected with family, friends and colleagues
- Maintain a routine
- Try to eat a healthy, well-balanced meal, drink enough water and exercise regularly
- Keep your mind active and consider meditation
- Be compliant with your chronic medication
- Practice social distancing and regular hand washing
- Avoid alcohol and drugs as coping mechanisms
- Know how to identify and manage your triggers
- Have healthy boundaries between work and home if working remotely

Dealing with these challenges can be overwhelming; however, there is access to tools and strategies to work through this successfully. It is crucial to seek help immediately if you are in doubt of your wellbeing.

GET HELP NOW



<https://floxiehode.com/he>

DUT's Employee Wellness Programme is committed to assisting you in line with the principle of social distancing. Counselling and support is available to you via WhatsApp, Skype, Microsoft Teams or video calls. The Employee Wellness Programme can be contacted via ewp@dut.ac.za or rajcooms@dut.ac.za

Helpful Links:

Understanding and Managing Anxiety
<https://www.facebook.com/100694957993646/posts/256350652428075/>

Natural Relaxation: Virtual Hike
<https://m.youtube.com/watch?v=q1m27R0tAKM&feature=youtu.be>

HELP LINES

SA Depression & Anxiety Group	0800212223
Lifeline	0861322322
Coronavirus 24-hotline:	0800029999
Suicide helpline	0800567567
GBV Command Centre	0800428428
South African Police Service	08600 10111