







BUILD YOUR RESILIENCE TO GET AHEAD

OVERCOME YOUR FEAR OF FAILURE

Know thy self

Identify

what you can

control

Look for the good amid the stress

Be present, aware and

Find a sense of purpose

Let gratitude be

BE YOUR NEW BEGINNING

Reduce the source of your stress

Avoid negative and toxic vibes

engaged
Create a positive synergy with

meaningful

relationships

your beacon of hope.

Tap into your

Restore your focus and keep your perspective

Build Trust

Change the tone of your thoughts Be creative and innovative in

problem solving

that unsettles you

Change your priorities

Make eating and exercising a mindful activity

reserve of inner

strength to find your

personal power

Embrace the power of positive emotions

Practice self-compassion

Live to learn and learn to live

Think about lessons learned

Find your silver lining



HELPLINES

SA DEPRESSION & ANXIETY GROUP LIFELINE PSYCHOLOGIST: N NYAWOSE PSYCHOLOGIST: C JORDAN PSYCHOLOGIST: CB MCINTOSH CORONAVIRUS 24HR HOTLINE

COVID WHATSAPP NO.

SUICIDE HELPLINE
GBV COMMAND CENTRE
SOUTH AFRICAN POLICE SERVICE
HIGHER HEALTH MENTAL HEALTH HELPLINE
EMPLOYEE WELLNESS PROGRAMME

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transparency • honesty • integrity • respect • accountability