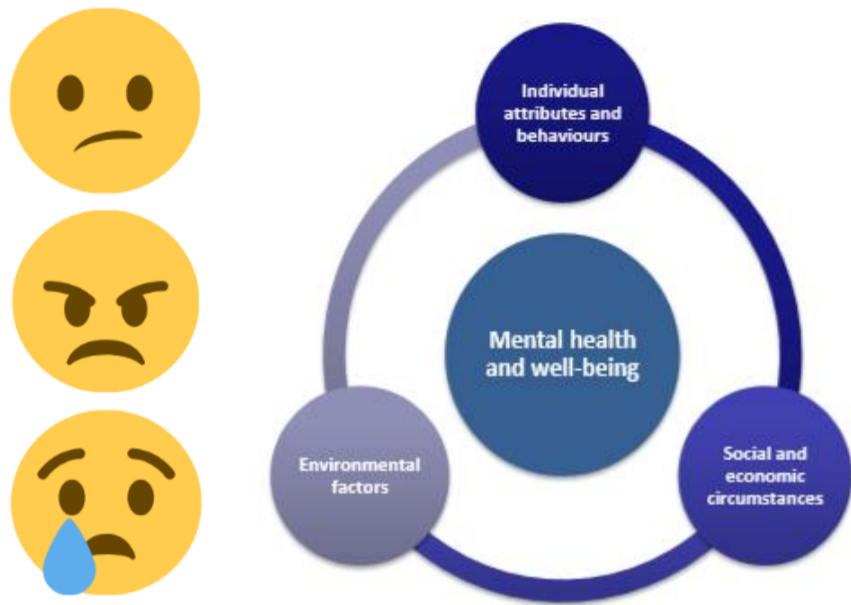


Ensuring Mental Well-Being during

Mental health is “a state of well-being in which the individual realises his or her own abilities, can cope with normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community”.

Contributing Adverse and Protective Factors for Mental Well-Being

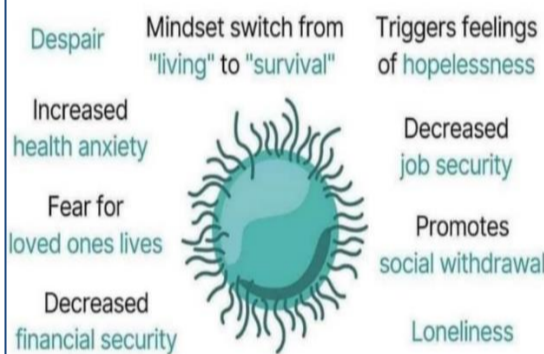


Level	Adverse factors	Protective factors
Individual attributes	<ul style="list-style-type: none"> Low self-esteem Cognitive/emotional immaturity Difficulties in communicating Medical illness, substance use 	<ul style="list-style-type: none"> Self-esteem, confidence Ability to solve problems and manage stress or adversity Communication skills Physical health, fitness
Social circumstances	<ul style="list-style-type: none"> Loneliness, bereavement Neglect, family conflict Exposure to violence/abuse Low income and poverty Difficulties or failure at school Work stress, unemployment Poor access to basic services Injustice and discrimination Social and gender inequalities Exposure to wear or disaster 	<ul style="list-style-type: none"> Social support of family and friends Good parenting/family interaction Physical security and safety Economic security Scholastic achievement Satisfaction and success at work Equality of access to basic services Social justice, tolerance and integration Social and gender equality Physical security and safety
Environmental factors		

How will you know when stress & anxiety becomes a problem?

- × Irrational fear while knowing the facts
- × Changes in sleep or difficulty sleeping
- × Changes in diet, weight gain or weight loss
- × Difficulty concentrating
- × Chronic health problems worsen
- × Increased use of alcohol, drugs and other substances

Why The Coronavirus Is Triggering Mental Health Issues:



Everyone reacts differently to stress. People who are more sensitive to its effects are:

- × Older people with chronic disease
- × Children and teenagers
- × People who are leading the response to COVID-19 such as health workers
- × People with existing mental health conditions
- × People with disabilities
- × People that have lost loved ones to COVID-19

Aggravating factors for stress for workers during COVID-19 are:

- × Fear of being infected & passing the disease to their family
- × Lack of access to PPE
- × Increased workload
- × Decreased financial security
- × Job uncertainty of future
- × Changes in work process and arrangements
- × Access to vaccines

Take Control of Your Mental Health during this COVID-19 Pandemic

	It is normal to feel sad, stressed & scared during a crisis. Talk to people you trust		Not everything you hear about the virus is true. Stay updated with information from trusted sources		Lessen the time you and your family spend watching or listening to media that you perceive as upsetting
	Use mindfulness and meditation exercises. Try new hobbies. Do activities you like to de-stress		Maintain a healthy lifestyle including proper diet, sleep, work routine and exercise		Deal with any emotions you have in a healthy manner. Avoid substance use and abuse

Notify your Health Care Provider for additional support if stress impedes your daily activities



Providing Support and Assistance

COVID-19 Social Relief or Financial Distress
0800 60 10 11

Mental Health Information Line
0800 567 567

Violence against Women and Children
0800 428 428
or send a please-call-me to a Social Worker by dialing *120*7867#.

COVID-19 WORKPLACE HOTLINE:
0800 2121 75

www.nioh.ac.za | www.nicd.ac.za | info@nioh.ac.za

South African Depression and Anxiety Group

0800 456 789

www.sadag.org