

# Ensuring Mental Well-Being during COVID-19

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



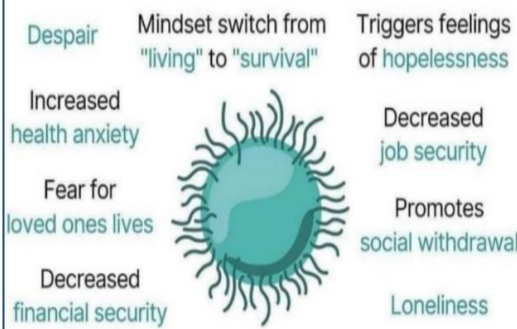
Globally, the estimated prevalence of major depressive disorder and anxiety disorders increased by 28% and 26% respectively. Since the start of COVID-19 pandemic, there has been estimated 53 million people with major depression and 76 million people with anxiety disorders due to COVID-19.

Mental health issues were seen more with women who have additional stressors of household and caregiver responsibilities due to remote schooling, unwell family members combined with working from home and/or job losses.

### 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

### 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
- ✗ Feeling pressurised to vaccinate
- ✗ Changes in work process and arrangements
- ✗ Affects ability to work and causes problems in family relationships

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

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|  |   |   |   |
| 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 or that give false facts about COVID-19 | Put your mind at ease by getting vaccinated. This will significantly reduce your risk of infection with COVID-19, hospitalization and severe disease. |
|  |   |   |   |
| 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  | When you are feeling unwell, do not panic. Promptly seek medical assistance.  |

**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

Gender-based Violence Command Centre



NATIONAL HEALTH LABORATORY SERVICE



NATIONAL INSTITUTE FOR OCCUPATIONAL HEALTH

Division of the National Health Laboratory Service

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