

# 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



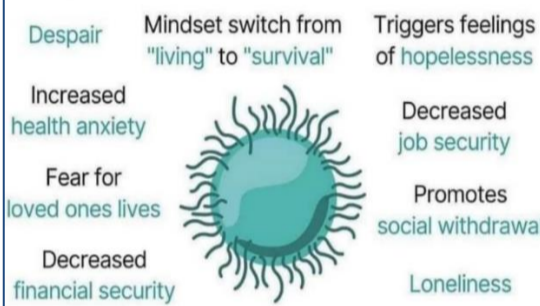
Estimated prevalence of major depressive disorder and anxiety disorders increased by 28% and 26% globally, respectively. Since the start of COVID-19 pandemic, there has been estimated 53 million people with major depression and 76 million people with anxiety disorders due to COVID-19.

Since women have an additional stressor of household and caregiver responsibilities due to remote schooling, unwell family members combined with working from home and/or job losses; these mental health issues were seen more in them.

### 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

			
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  
0800 428 428

 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