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





Level	Adverse factors		Protective factors
Individual attributes	Low self-esteem	↔	Self-esteem, confidence
	Cognitive/emotional immaturity	↔	Ability to solve problems and manage stress or adversity
	Difficulties in communicating	↔	Communication skills
	Medical illness, substance use	↔	Physical health, fitness
Social circumstances	Loneliness, bereavement	↔	Social support of family & friends
	Neglect, family conflict	↔	Good parenting / family interaction
	Exposure to violence/abuse	↔	Physical security and safety
	Low income and poverty	↔	Economic security
	Difficulties or failure at school	↔	Scholastic achievement
	Work stress, unemployment	↔	Satisfaction and success at work
Environmental factors	Poor access to basic services	↔	Equality of access to basic services
	Injustice and discrimination	↔	Social justice, tolerance, integration
	Social and gender inequalities	↔	Social and gender equality
	Exposure to war or disaster	↔	Physical security and safety

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



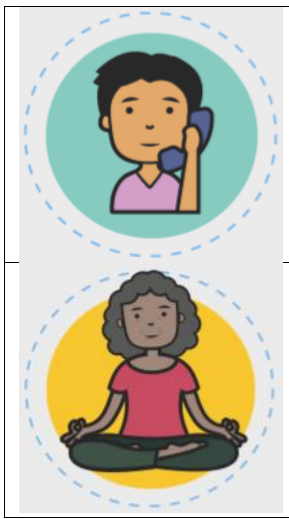
Everyone reacts differently to stress People who are more sensitive to its effects are:

- 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
- Changes in work process and arrangements

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

Use mindfulness and meditation exercises. Try new hobbies. Do activities you like to de-stress



Not everything you hear about the virus is true. Stay updated with information from trusted sources

Maintain a healthy lifestyle including proper diet, sleep, work routine and exercise



Lessen the time you and your family spend watching or listening to media that you perceive as upsetting

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

NATIONAL HEALTH LABORATORY SERVICE

NATIONAL INSTITUTE FOR OCCUPATIONAL HEALTH
Division of the National Health Laboratory Service

Workplace Hotline: 0800 2121 75
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South African Depression and Anxiety Group
0800 456 789
www.sadag.org

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Ref: 1) WHO. Risks to Mental Health: An Overview of Vulnerabilities and Risk Factors (2012)