

Your mental health during the Coronavirus

Tips and Strategies

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March 2020



Agenda

1. Presentation
2. Mindfulness exercise
3. Psychosocial support
4. Thoughts and comments



RAPID RESPONSE





How are you feeling?

Type **ONE WORD OR
SENTENCE** in the chat
box

Anxiety & Fear



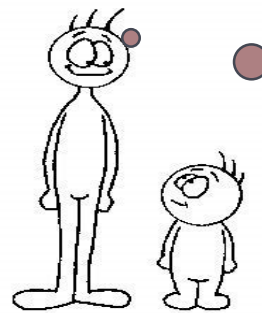
Loneliness,
Boredom, Sadness



Frustration & Anger



What can I
expect to
experience?



It's ok to feel
this way

Remember....

BREAKING:

GETTING OUTDOORS **NOT CANCELLED**

MUSIC **NOT CANCELLED**

FAMILY **NOT CANCELLED**

READING **NOT CANCELLED**

SINGING **NOT CANCELLED**

LAUGHING **NOT CANCELLED**

HOPE **NOT CANCELLED**

LET'S EMBRACE WHAT WE **HAVE.**

unsinkable.

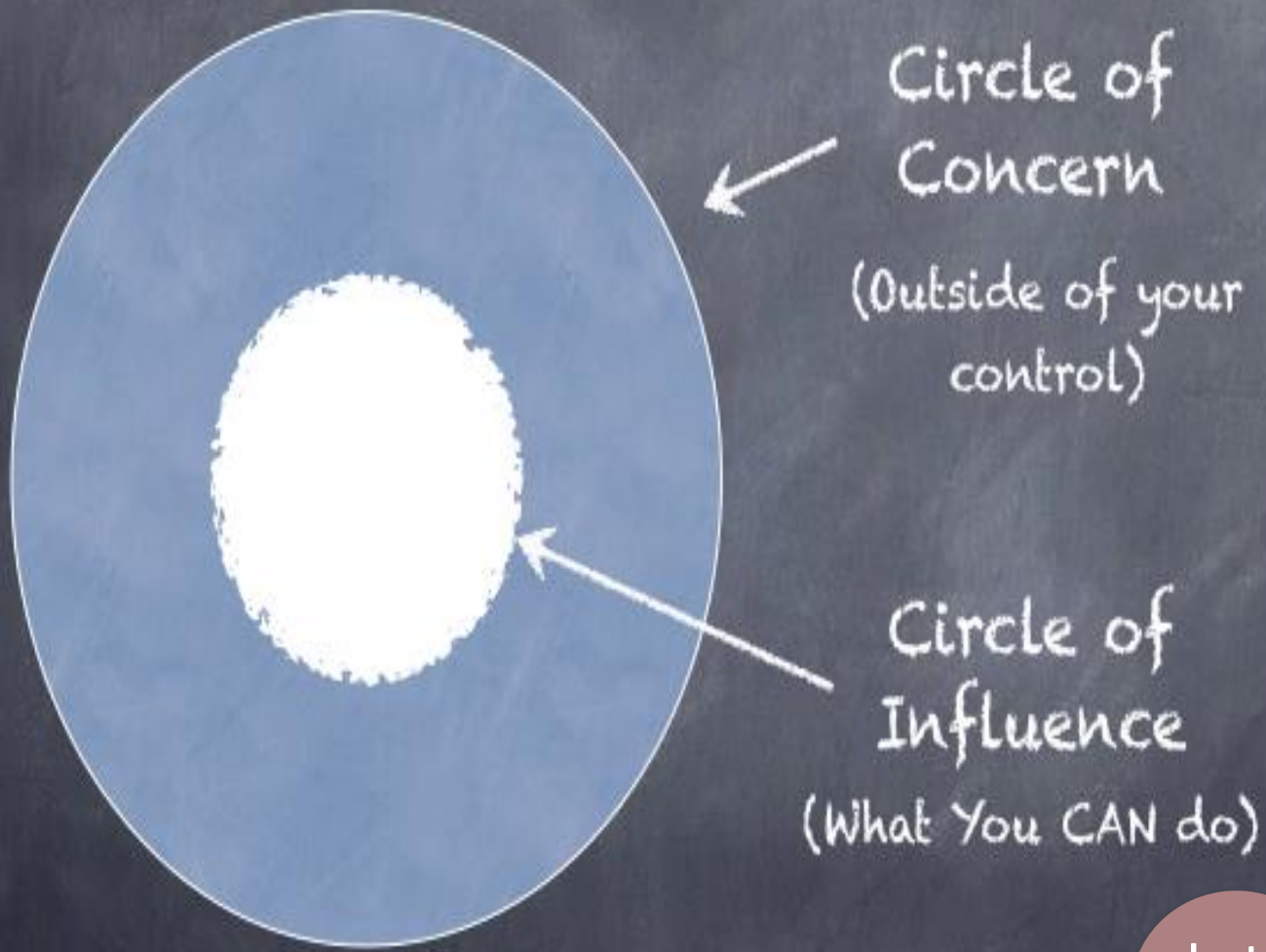
Being kind and
supporting each other



***NOT
CANCELLED***

Resilience is not about endurance, but
the ability to engage and disengage





What is in my control, and what is not?

Let me focus on the things I can do something about



Create a wellbeing plan





get dressed



exercise



play an instrument



take out the trash



shave



take a shower



do your hair



put on makeup



do the dishes

TIP ONE
Stick to routines, or
develop sustainable
new ones

Is this
really
necessary?

TIP TWO

Structure work time at home



*Have a happy
Working day ♥*



TIP THREE

Stay connected



Family

Friends

Colleagues

Videos on!

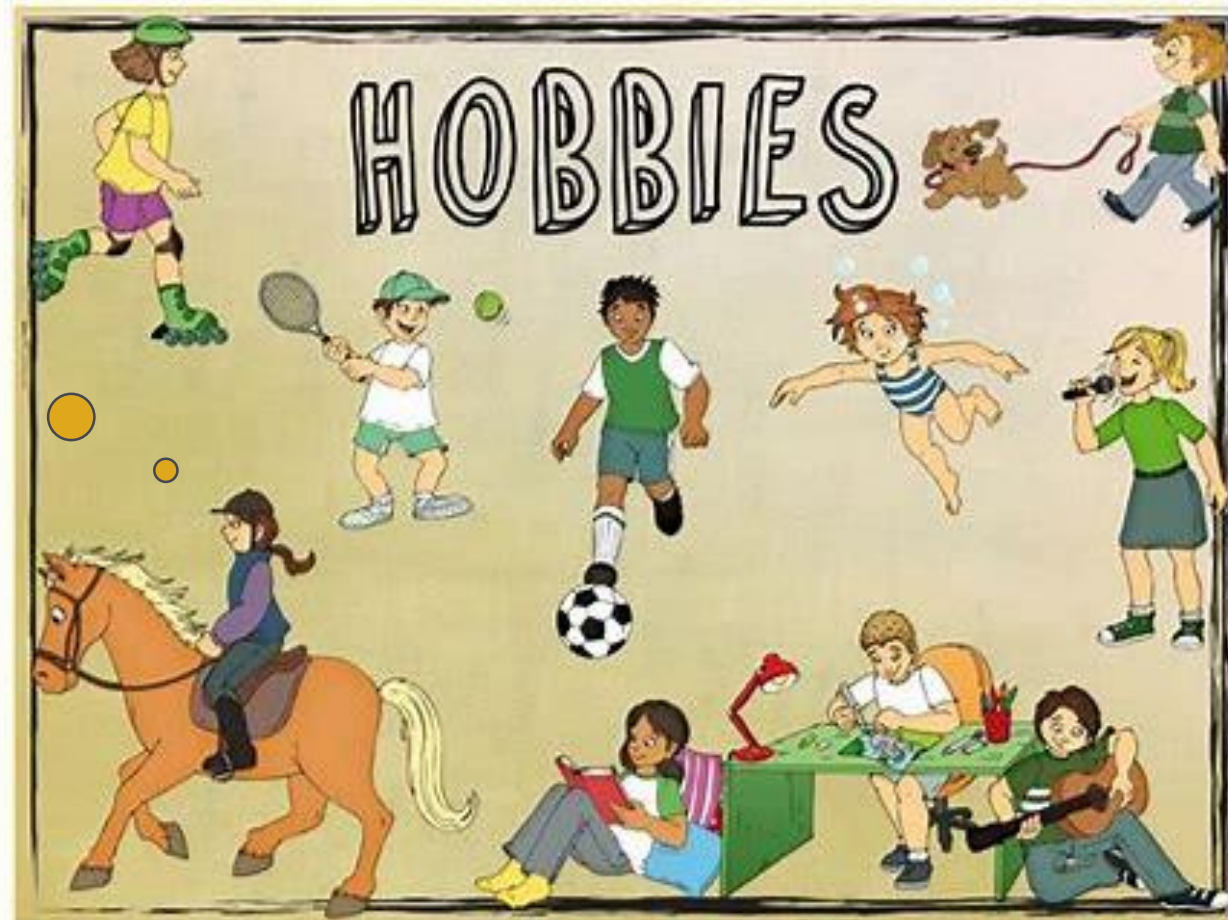
I'm not
ready for
video!



TIP FOUR

Engage in hobbies and things that you enjoy!

It's
warming
up
outside!





What hobbies
can you
suggest?

Type **ONE WORD OR
SENTENCE** in the chat
box

TIP FIVE

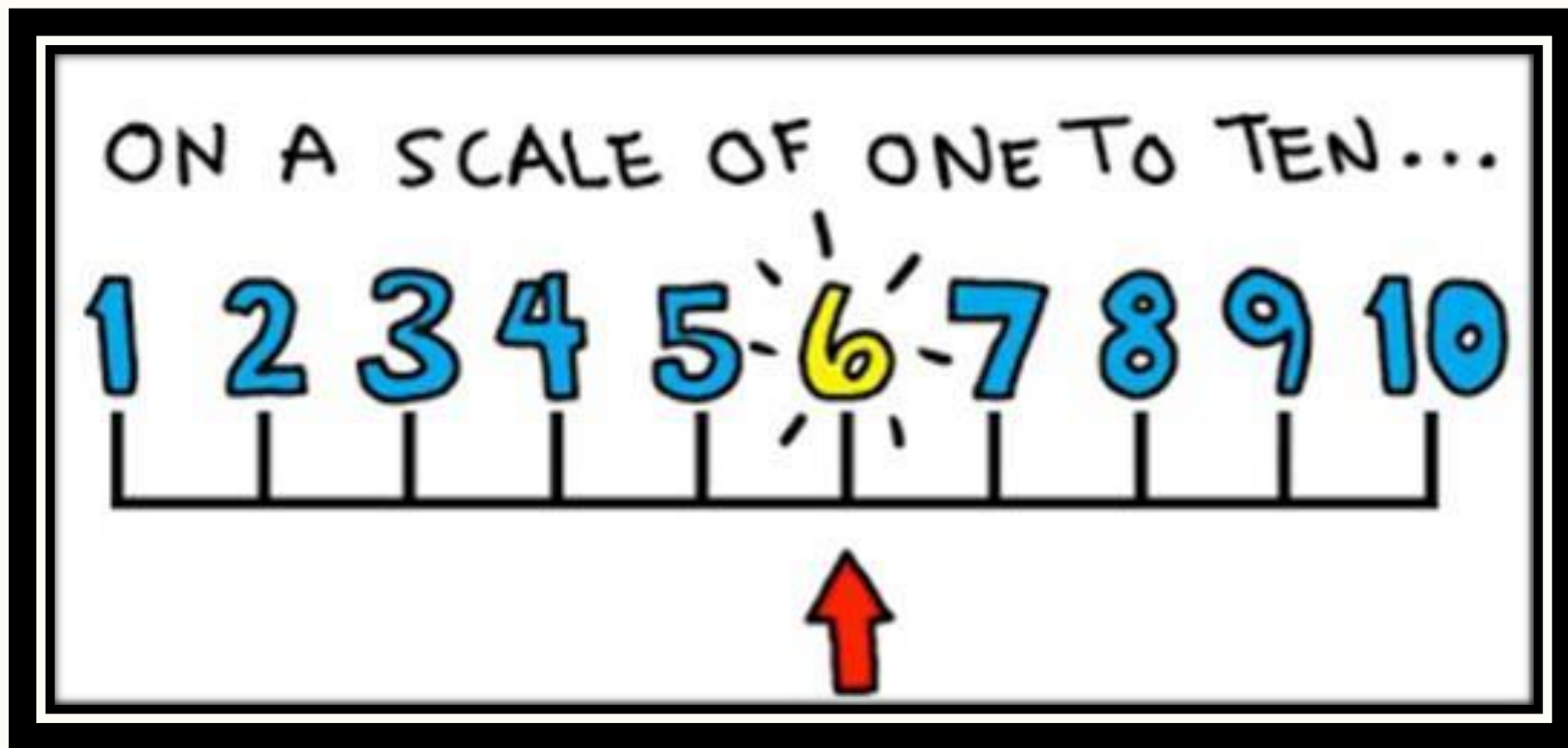
Monitor
media intake



Beware of
fake news

Know when to
walk away

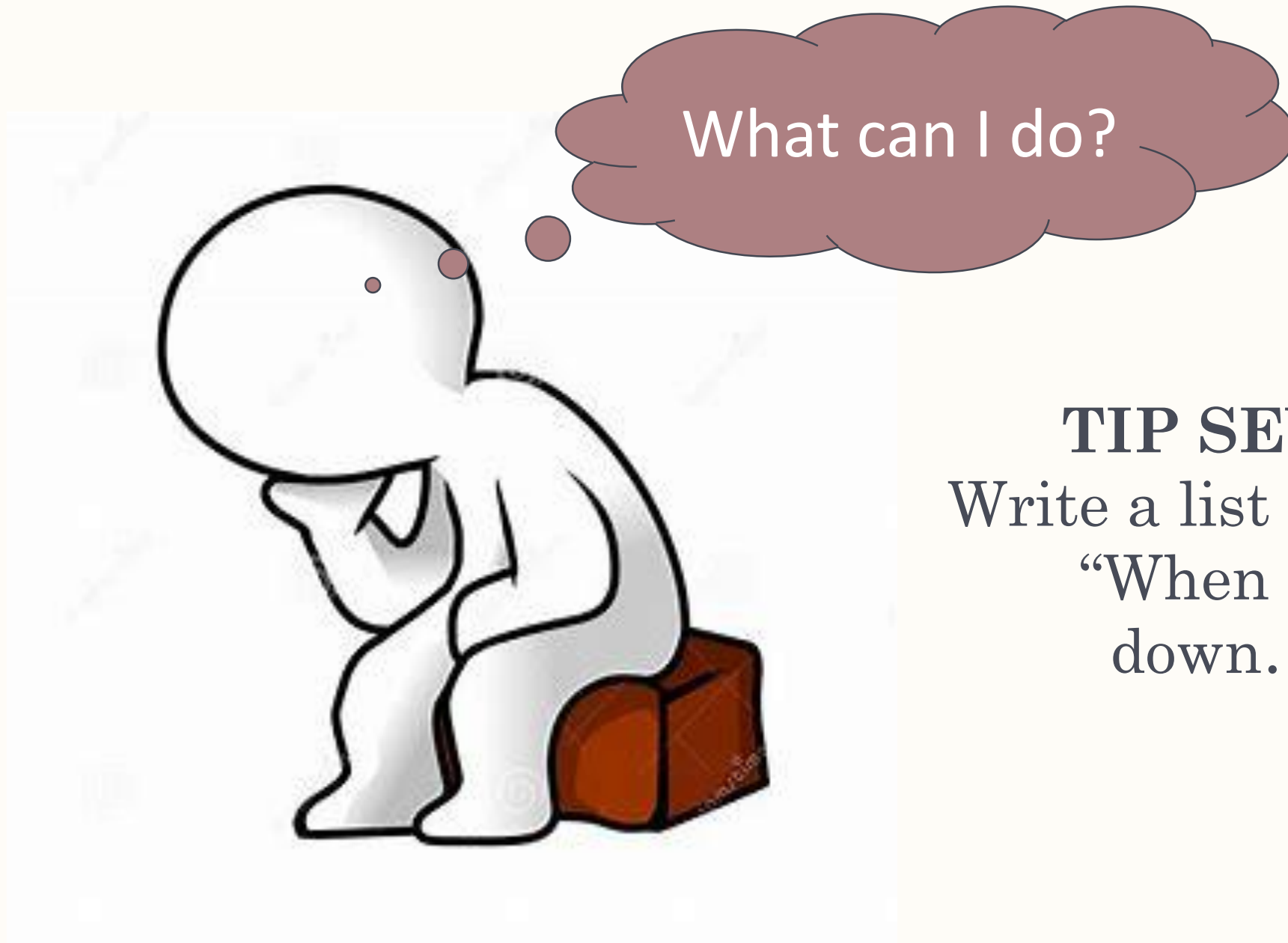




Develop a personal Self-Awareness Scale

TIP SIX
Monitor your
moods, and be
proactive

Body
Mind
Heart



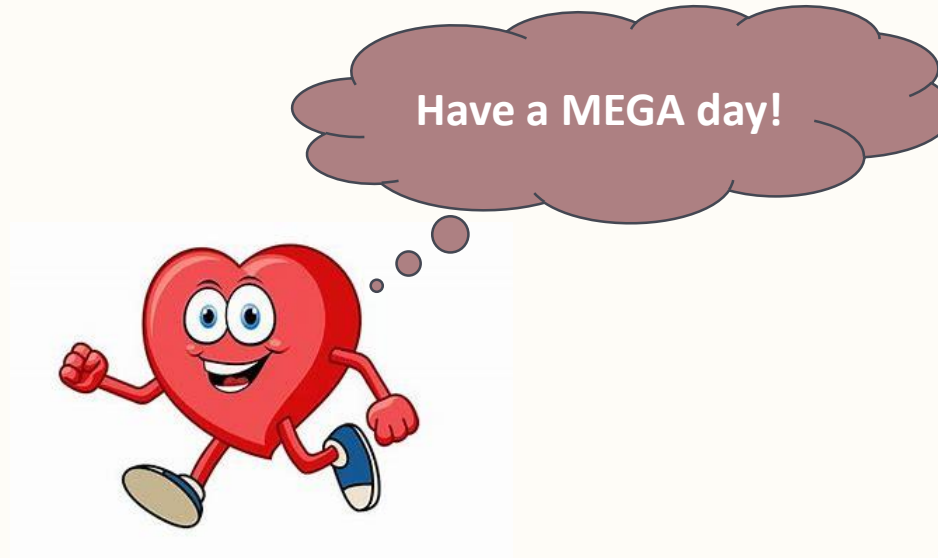
TIP SEVEN

Write a list ready for
“When I feel
down.....”

TIP EIGHT

Worry Window





TIP NINE
Engage in
wellbeing
practices



MINDFULNESS
EXERCISE
GRATITUDE
ACCOMPLISH

TIP TEN: Keep your sense of humor!



What has made you laugh?

Type **ONE**
SENTENCE
in the chat box



Summary



- It's ok to feel a range of emotions, and distress is normal in this time
- Many good things have *not* been cancelled
- Resilience is the capacity to engage and disengage
- Assess what is in your control, and then act
- Create a wellbeing plan using some of the 10 tips
 1. Stick to routines or develop sustainable new ones
 2. Structure work time at home
 3. Stay connected
 4. Engage in hobbies and things that you enjoy
 5. Monitor media intake
 6. Monitor your moods, and be proactive (personal S-A scale)
 7. Write a list for “When I feel down”
 8. Use the Worry Window
 9. Have a MEGA day, every day!
 10. Keep your sense of humour

This is an
example \square
o

MY WELLBEING PLAN ☺

7:00 Mindfulness:

1. Headspace App
2. Little book of meditation
3. Bible reading + prayer
4. Self-run meditation

After
work

Exercise: → order exercise ball

1. Walk to fountain / park
2. Floor Routine / Yoga Youtube
3. Dance!

When
stressed

Grateful:

1. Write in gratitude book
2. Share with others what I am grateful for

End of
Day

Achieve:

1. End of day - cheers!
2. Reward with treat every Sunday.

Hobbies:

1. Photography
2. Learn jazz songs on piano
3. Get going with collage

Connection:

1. Call loved one at least once every 2 days
- People I can call

x

x

x

x

2. Check in with wellbeing team at start and end of work day

3. Reach out to these people if needing support

x

x

x



Worried Window:

- After work for 15-20 mins

- This is my list of worries:

x

x

x

x

When I feel down, I can:

1. Phone x x x

2. Go for a walk with my camera

3. Watch stand-up comedy Netflix

4. Put music on - dance, sing

5. Exercise

6. Hobbies

Exercise floor routine:

x

x

x

x

Watch out!

1. TV slump - stick to plan
2. Dehydrate - drink water
3. Isolation - stick to plan
4. Unhealthy eating - be mindful + exercise

Motto

"Celebrate mini victories"

"What a wonderful day, I haven't seen this one before!"

"All we need is love!"



Mindfulness exercise

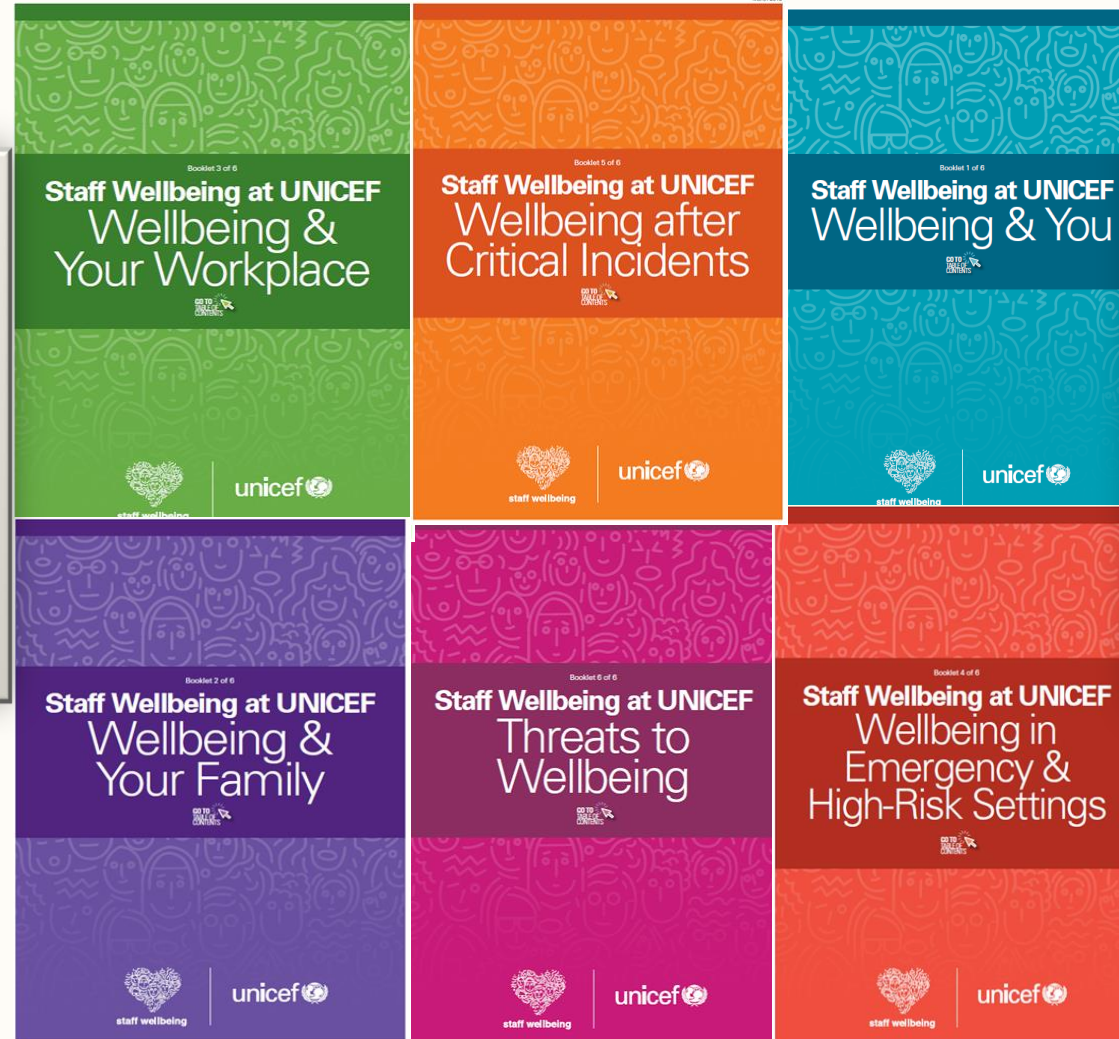


Psychosocial Support



Wellbeing Page

<https://unicef.sharepoint.com/sites/portals/hr/Pages/Wellbeing/default.aspx>



Thoughts and comments

