

Mental Support During COVID-19.

UN, JMS

1st April, 2020



Triggers of Psychological Stress during an infectious disease outbreak...

- ▶ *Fear, worry and some form of stress are normal during a crisis like COVID-19; and some of the triggers may include:*
 - ▶ Worry about one's health (and significant others)
 - ▶ Fear of death
 - ▶ Fear that the health systems may fail us
 - ▶ Uncertain future
 - ▶ Instability due to change of routine
 - ▶ Feeling of being confined or 'caged' in homes
 - ▶ Predicted hard economic times

Signs of increased level of stress include...

Physical challenges
(like fatigue, insomnia,
headaches and severity
of existing health
conditions etc.)

Emotional Problems
(e.g. Anxiety, sadness,
anger, depression etc.)

Cognitive difficulty
(e.g. poor
concentration,
doubting your ability
etc.)

Behavioral (e.g.
withdrawing from
family, addictions)

Spiritual (e.g.
weakened religious
beliefs/ strengthened
spiritual practices)



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Other stressors in need of management during the COVID-19 include...



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Disruption of 'Normal' Support structures like...

- ▶ Having a drink with a friend
- ▶ Partying/clubs
- ▶ Visiting a friend in their home for tea or a meal
- ▶ Going to Gym
- ▶ Attending women's or men's group
- ▶ Fellowship with other faithful's in church, mosque or other religious settings
- ▶ Connecting with a friend during your children's school activities
- ▶ Meeting your colleagues in the office
- ▶ Family gatherings with extended family members

Stress and pressure may lead to increased conflicts...

- ▶ Relationship Conflicts may occur between:
 - ▶ Partners/ married couples;
 - ▶ Parent(s) and adolescents ;
 - ▶ Amongst children and adolescents;
 - ▶ Or even with domestic workers
- ▶ Unmanaged conflict may result in:
 - ▶ Increased Psychological stress
 - ▶ Domestic violence
 - ▶ Increased intake of alcohol or substance abuse

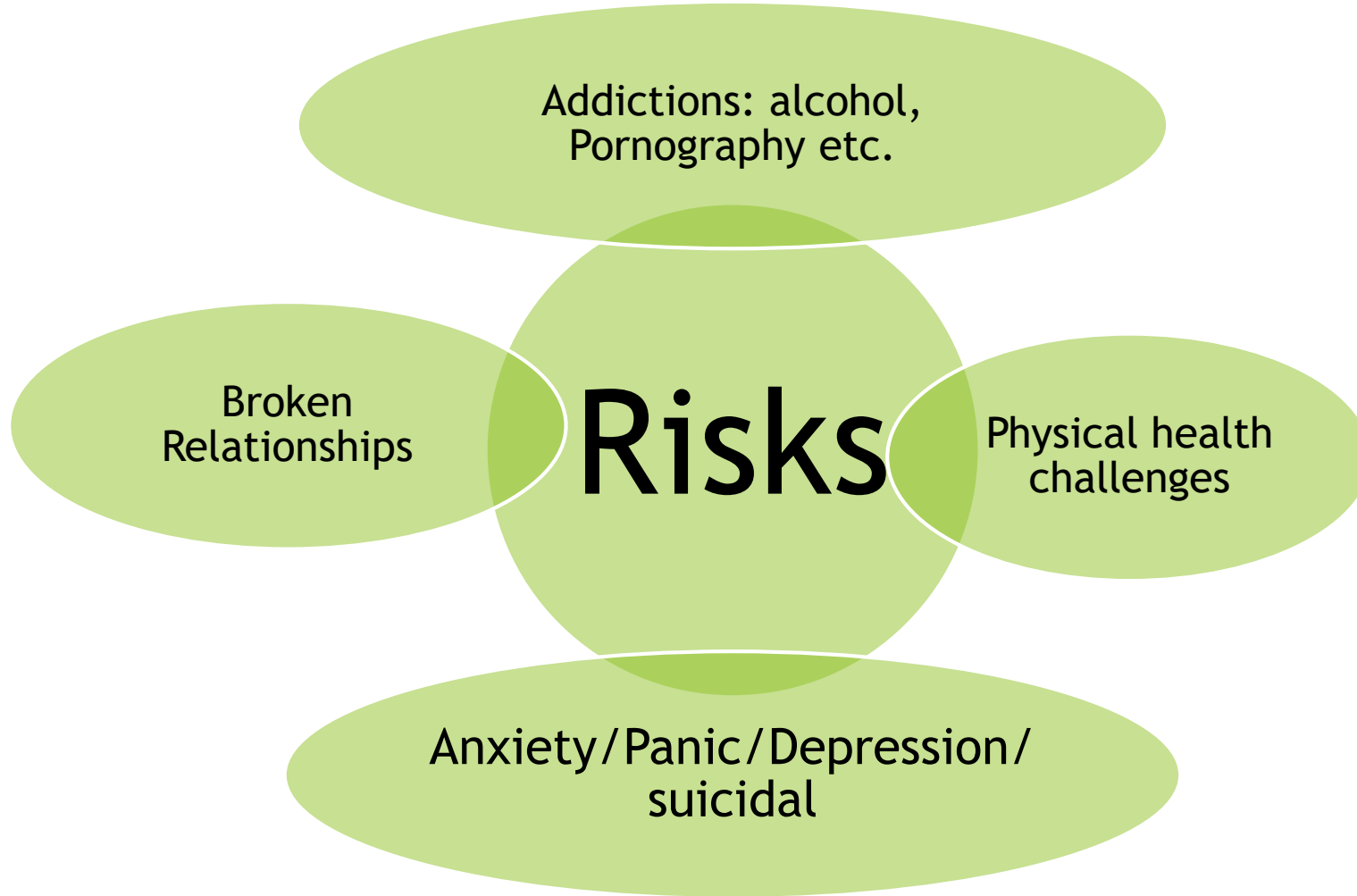


Children stress may mean ‘different’ Behavior from the ‘norm’...

- ▶ Home confinement for both children and adolescents, amongst other factors, is likely to trigger stress amongst them;
- ▶ As a result, their behavior is likely to change from the norm, which sometimes may be interpreted as ‘defiance’
- ▶ If stress in children is not recognized, the result may be emotional, psychological or physical abuse for children, in the name of ‘discipline’.



Not managing the stress, may lead to...



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Healthy Coping Mechanisms...

▶ Support Structures:

- ▶ **Deliberate, intentional planned ‘dates’ with significant others;** it could be those buddies you hang-out with, your spiritual or family support or your colleagues; Consider the option of having an on-line date to catch up using platforms like zoom or other group chats
- ▶ Remember it is important to share you are feeling and your concerns

▶ Reducing Conflicts:

- ▶ Be deliberate and plan for a time to connect with your family
- ▶ Give each other permission to talk freely about how each person feels.



Conti...

- ▶ Self- Awareness
 - ▶ Looking inwardly and assessing where you are
 - ▶ Being aware of your own feelings
 - ▶ Courage to look for emotional support when needed



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Conti...

- ▶ Listen to children and adolescents to understand their fears, concerns and worries;
- ▶ Look for fun activities you can do together, and set time aside for that;
- ▶ Minimize on media consumption
- ▶ Take care of you body: exercise, eat healthy, drink a lot of water and incorporate breathing exercises



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Remember to avoid 'lies' that we sometimes tell our selves...

- ▶ I am fine/ I am just tired;
- ▶ I will get over this;
- ▶ I am strong; I can handle this;
- ▶ There is nothing I can do about it;
- ▶ This too will pass.



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Self- Care means...

- ▶ Planning on meeting on how you will meet Your:
 - ▶ Social Needs
 - ▶ Emotional Needs
 - ▶ Mental Needs
 - ▶ Physical Needs



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For more support, you can reach us at...

- ▶ Staff counsellor: Ext.24703
- ▶ Other online services are available by arrangement:
 - ▶ Staff counselor: Cell: +254 728961939
 - ▶ JMS Emergency line: +254 724255378



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