



Week: 18th – 24th October 2020

**Big Idea of the Week:
Mental health is a key part
to getting through this corona time**

Coronavirus has brought serious challenges for people all around the world. Times like this can create or worsen stress in our lives, and it is understandable to feel worry, fear, anger or sadness.

Our mental health can go through ups and downs in response to events that happen in our lives. Most of the time we manage to overcome the low points. Sometimes, for some people, it can develop into a more serious problem where we need additional help to manage.

It is good to learn healthy ways to manage our mental health during these difficult times and when to recognize the need to reach out for help.

Working to protect and improve your mental health is just as important as working toward good physical health, and many of the ways we can do that the same – get good rest, eat well, exercise and have people you can talk to.

Taking time to take care of ourselves is not easy, but it is worth it. Strengthening our mental health helps us feel, express and manage a range of positive and negative emotions, form and maintain good relationships with others, and cope with and manage change and uncertainty.

Corona fet na we all fet!

Suggestions for people to interview

- Psychosocial workers
- Nurses/Doctors
- Community health workers
- Community leaders
- Parents/Caregivers
- Teachers, especially school counselors

Suggestions for questions for interviews and panel discussions

- What is mental health?
- How can we raise awareness that mental health needs to be included in how we think and talk about our health?
- What are some of the positive strategies you have used to get through difficult times?
- What are some ways we can support a friend who is going through a difficult time?

Additional messages

Mental health problems range from the worries we all experience as part of everyday life to serious long-term conditions.

The majority of people who experience mental health problems can overcome them or learn to live with them, especially if they get help early on.

Many people find it challenging to talk about their feelings. But it's healthy to know and say how you're feeling.

The past months have brought many challenges for every one of us. Health workers are providing care in difficult circumstances and feeling worried about bringing coronavirus home to their families. Many workers have found it difficult to support their livelihoods. Students had to adapt to the ways of learning from home with little contact with teachers and friends, and may feel anxious about their future.

Situations of anxiety and stress often create tension even within the family – do not take it out on your loved ones or others. By making each other feel safe and secure, caregivers can help to reduce the tension.

Good mental health can help protect against development of many such problems, that is why taking care of yourself will help you to care for others in need.

Some of the ways in which we can manage stress include:

- Exercise or include physical activity in your day. Getting regular exercise is one of the best ways to relax your body and mind.
- Eat well, including plenty of fruits and vegetables.
- Get good rest. Try to establish and stick to a daily routine for sleeping.
- Take deep breaths and relax your muscles. When you're stressed, your muscles get tense.
- Be kind to yourself and others. Make time to do things you enjoy.
- Connect with other people. It is very important to stay in touch with friends and family. Call, text or WhatsApp to talk with people you enjoy and trust with sharing your concerns and feelings.
- Avoid using drugs or alcohol to bring your stress down. They could cause you to act irrationally or violently to your loved ones. Violence in any form is NOT useful to help people to recover.
- Don't be ashamed to ask for help from family and friends or discuss with a trusted person. It's important that you take care of yourself, so you can help others.