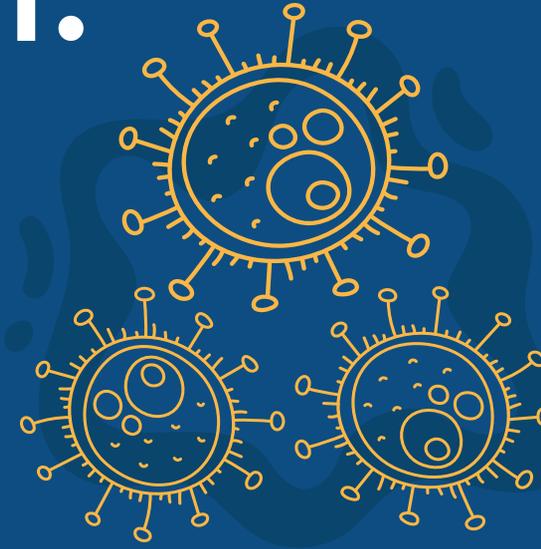UPDATED

KEEPING YOURSELF HEALTHY:
PHYSICALLY
&
EMOTIONALLY
IN THE CORONAVIRUS DISEASE (COVID-19) PANDEMIC

CALL US!

24/7 MENTAL HEALTH CRISIS HOTLINE

018-3893220

COMMON SYMPTOMS

EMOTIONAL

COVID-19 NEWS / STORIES CAN TRIGGER INTENSE ANXIETY, PANIC AND COMPULSIVE BEHAVIOUR, SUCH AS

Obsessing about what might happen if you get COVID-19 and affect your daily routine

Exhibiting compulsive-like behaviour e.g. hoarding toilet paper, hand sanitizer and overstocking on masks
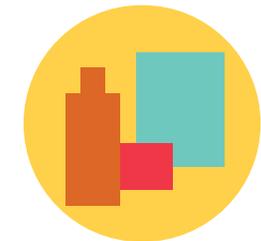
Obsessive fear of germs or dirt and the **compulsion** to wash the hands over and over which affected your daily routine

Becoming too entrenched in the huge influx of information about COVID-19 and causing panic

Changes in sleep or eating patterns/ Difficulty in concentrating

Increased use of alcohol, tobacco, or other drugs

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PREVENTION

PHYSICAL HEALTH

Wash your hands with hand sanitizer that contains at least 60% alcohol /soap and water for at least 20 seconds

Avoid close contact with people who are sick / crowded places

Wear a face mask if you are sick or taking care for someone who is sick.

Avoid touching your eyes, nose, and mouth with unwashed hands

Stay at home when you are sick

Strengthen your immune system e.g. eat healthy, exercise regularly and get plenty of sleep

People with **preexisting mental health conditions** should continue with their treatment plans and monitor for any new symptoms

Reach out for support if stress reactions interfere with your daily activities for several days in a row

If you'd like to see a mental health provider but you are worried about travelling, **call** the 24/7 mental health crisis hotline at **018-3893220**

Maintain a sense of **hope** and positive thinking / apply mindfulness, compassion, gratitude, and wisdom during the COVID-19 outbreak

Avoid excessive exposure to media coverage of COVID-19

Connect with others and share your concerns with a friend or family member

MENTAL HEALTH

COMMON REACTIONS FOR PEOPLE WHO HAVE BEEN QUARANTINED/ IN MOVEMENT CONTROL ORDER

Fear and worry about your own health, studies, job, financial etc

Stress from the experience of monitoring yourself, or being monitored by others for signs and symptoms of COVID-19

Feelings of sadness, anger, or frustration because friends or loved ones have unfounded fears of contracting the disease from contact with you, even though you have been determined not to be contagious

Guilt/ self-blame about not being able to perform normal work or other duties during quarantine or might cause one's potential infection

Imagining the worst case scenario that could happen to oneself and others, which could make one feel so surreal and fearful

Sense of loneliness and isolation due to limited interaction with others

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STIGMA

Why might someone blame or avoid individuals (create stigma) because of COVID-19?

- Some people may be worried or anxious about colleagues, friends and relatives who are living in or Visiting areas where COVID-19 is spreading.

- Some people are worried about the disease. Fear and anxiety can lead to social stigma, for example, towards people who has tested positive for COVID-19 / people in quarantine / who have been released from quarantine.

- Stigma is discrimination against an identifiable group of people.

- Stigma is associated with a lack of knowledge about how COVID-19 spreads, a need to blame someone, fears about disease and death, and gossip that spreads rumors and myths.

- Stigma hurts everyone by creating more fear or anger towards ordinary people instead of the disease that is causing the problem and prevent people from seeking health care immediately

How can people help stop stigma related to COVID-19?

- People can fight stigma and help others by providing social support via Online platform.

- Counter stigma by learning and sharing facts and provide tips to prevent illness and provide online emotional support.

- Communicating the facts that viruses do not target specific groups and how COVID-19 actually spreads can help stop stigma.

THINGS YOU CAN DO TO SUPPORT YOURSELF

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Taking care of your mental health and wellbeing during the Movement Control Order

Make a date with yourself: Spend an hour alone doing something that nourishes you, not work or things on your to-do list e.g. meditate.

Read: A new trend in treatment of mental illness; boosts creativity and activates sensory areas of the brain.

Laugh: Laughter strengthens the immune system, boosts energy and diminishes pain.

Practice healthy sleep habits: Going to bed at an earlier time, ensuring that bedroom is comfortable and quiet, and practicing good screen-time habits before bed can improve sleep quality.

Eat Well: Focus on healthy food that make you feel good and stay hydrated.

Exercise: Light exercise within your house compound.

Connect with yourself: Journal about your experiences. It helps to discover how you feel and express your stress in a non-threatening manner.

REMEMBER

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01 **Ask for help if you feel overwhelmed** or concerned that COVID-19 is distracting your daily routine.

02 **Switch off notification, tune into / limit yourself to only reading information from official resources** e.g. WHO / Ministry of Health Malaysia.

03 **You' re not alone** in this and it's okay to be worried about COVID-19. Hence, it's totally fine to seek help.

04 **Sharing accurate information** about COVID-19 can help calm fears in others and yourself.