

Considering the sudden change of events in our country, as Employee Health and Wellness (EHW), we acknowledge the impact this might have on the holistic wellness of the employees, since most felt it was sudden and were unprepared for.

Please Note:

* Any event that involves change or adaptation is stressful, even celebrated events like marriage, birth or holidays. like the situation we find ourselves now as the world,
* This is the response we have when facing circumstances that force us to act, change or adjust in some way to maintain our footing, or to keep things balanced
* You have also received many confusing messages, not knowing which to believe and which not to believe
* Our bodies’ way of responding to any kind of demand, pressures, challenges, or demands in life, exceed our coping abilities.

We therefore would like to offer the following strategies on coping with anxiety, stress, uncertainty, fear, anger, unhappiness, irritability, frustration that might have been provoked as a result. These strategies cover the seven dimensions of our Holistic Wellbeing:

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| **DIMENSION** | **COPING MECHANISM** | **BENEFIT** |
| 1. **PHYSICAL** | Engage in regular exercise, relaxation, yoga, healthy eating on cooked vegetables and fruit, take plenty of water, leisure time, adequate sleep  Since we cannot achieve on our 10000 steps daily target due limited mobility, and also cannot access the gym, engage in some home fitness exercises like skipping and Pilates.  Adhere to the times of your chronic medication intake. Nothing changes! | Improved work-home-life balance  Prevention of obesity  Promotion of healthy living |
|  | Play games with your kids, and dance with them, whilst maintaining social distance, to channel their energy in a positive direction, especially parents with hyperactive children  Read with them | Maintaining a healthy lifestyle  Prevent of obesity  Maintenance of a healthy and sharp mind |
|  | Maintain discipline by washing your hands. Install a sign or alarm for all at home   * **HAND WASHING TECHNIQUES**   **Step 1**: Wet hands with water and apply soap  **Step 2**: rub palms of hands together  **Step 3**: Rub in between fingers, similarly at the back of both a hands  **Step 4**: clean the thumbs and the wrists  **Step 5**: clean underneath the nails  **Step 6:** rinse hands thoroughly with running clean water and dry with clean cloth or by shaking in the air | Prevention of new infections of COVID 19  Healthy Families |
|  | Disinfect your surfaces often, with approved disinfectants | Prevention of new infections of COVID 19  Healthy Families |
|  | Use of protective equipment should be in line with the Health Protocols  In case you use a mask and hand gloves as a precautionary measure, please note that this should be used for only a day, and be discarded as per protocols | Prevention of the possible spread of COVID 19 |
| 1. **~~EMOTIONAL~~** | Know and express your emotions, especially positive emotions. | Healthy self-esteem  Improved immune system |
|  | Keep positive jokes flying | Eases the stress and anxiety |
| 1. **MENTAL** | Develop a positive outlook, realistic thinking, and creativity | Improved mental health |
|  | Avoid sending fatalistic string of messages, these could activate depression | Healthy mental outlook  Prevention of psychosomatic illnesses |
| 1. **SOCIAL** | Nurture loving relationships  Keep communication flowing to keep love alive  Create healthy boundaries, | Healthy Families and friendships  Improved interpersonal relations |
|  | Maintain the social distance rule of 1,5meters | Prevention of new Infections of COVID 19 |
| 1. **FINANCIAL** | Do not borrow money or overspend unnecessarily during this period, remember, “no need for panic buying” | Prevention of stress due to financial mismanagement  Reduced Expenditure  Great opportunity for families to discuss future financial plans |
| 1. **INTELLECTUAL** | Read books beneficial to all your holistic dimensions of wellbeing | Maintenance of sharp mind |
|  | Work from home | Time to complete given assignments  Avoidance of pressure after the lockdown  It helps you to keep connected to your work, and not to lose focus  Improved productivity upon return-to-work |
| 1. **SPIRITUAL** | Accept that you do not have control over the situation, Serenity rule  Believe firmly that this will pass | Improves spiritual connection to your Creator  Acceptance of situations you do not have control over |
|  | **Remember:** | **“Be anxious for nothing” Philippians 4:6**  **“For God has not given us the spirit of fear, but of Power, Knowledge and a Sound Mind” II Timothy 1:7** |

In case of any concerns or questions, kindly contact your EHW on:

0828002175/ 0829525998/ 0826465966

Employee Wellness: Our No1 Priority!