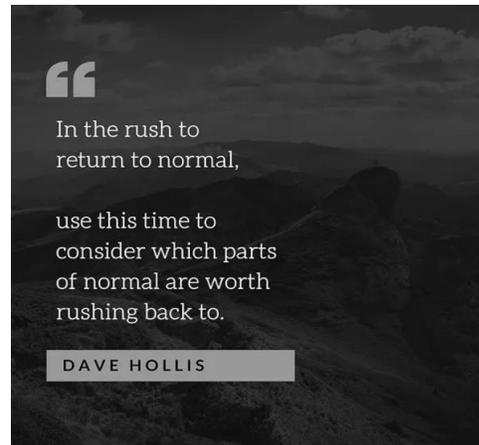




THE WELLNESS CENTRE STUDENT COUNSELLING

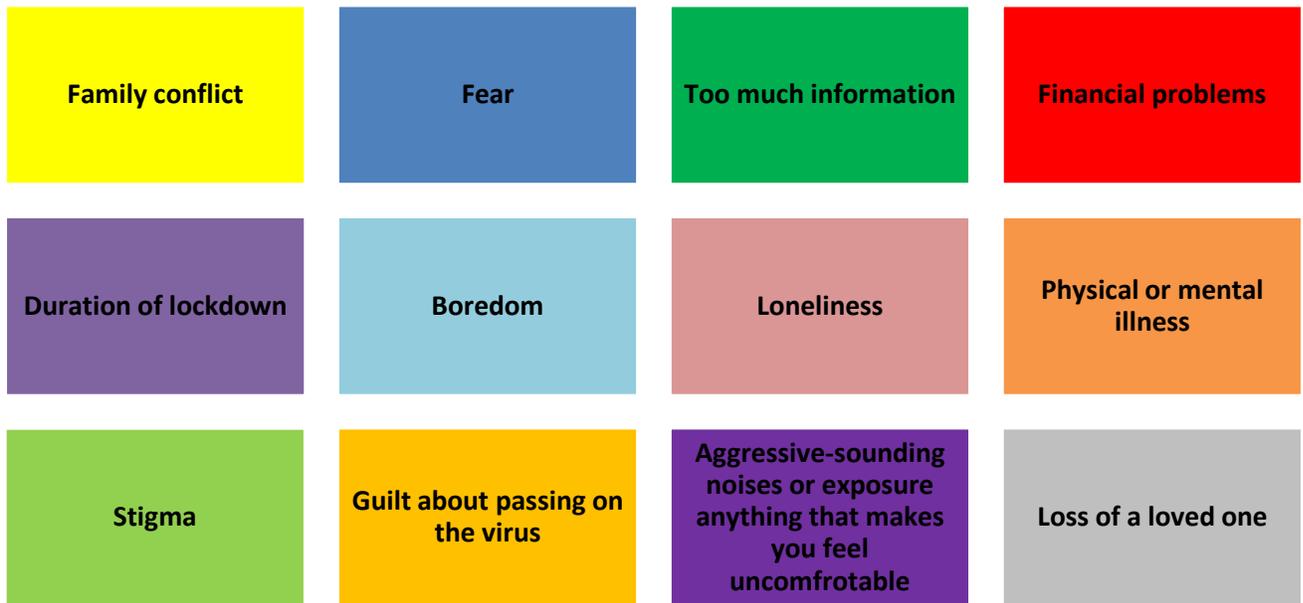
SURVIVING THE LOCKDOWN PSYCHOLOGICALLY



The South African Depression and Anxiety Group (SADAG) has been receiving more calls than usual since the Covid-19 Lockdown. This is due to individuals feeling anxious, lonely, worried, overwhelmed and depressed. Covid-19 and the National Lockdown has affected many South Africans creating psychological issues, with a serious impact on those already living with a mental health issue. Managing our psychological well-being is vital, especially during a time like this.

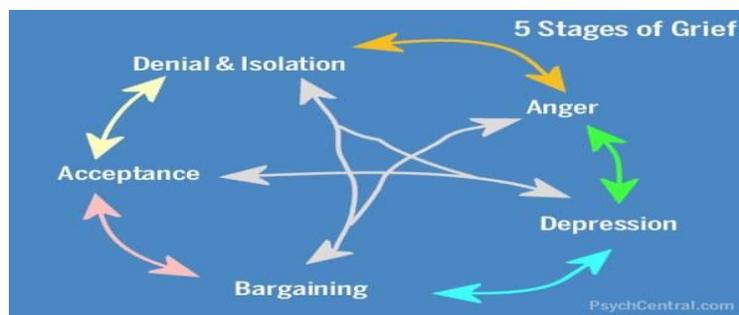
YOUR RESPONSE to the demands of the world determines your **STRESS LEVEL**. Take the time to consider common stressors and how they can trigger your feelings of being overwhelmed, anxious, depressed or loneliness. Write **“TRIGGERS”** on a list when you are aware of them. Some examples of common stressors are:





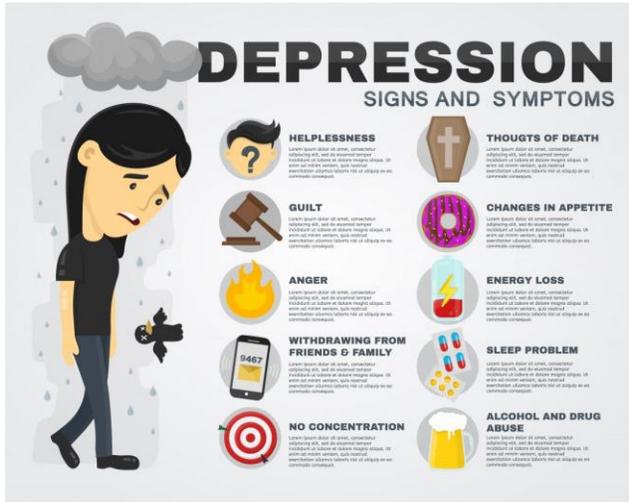
THE LOCKDOWN BARGINING PROCESS

Research has shown the process of the lockdown is like the stages of grief. Lockdown has created the sense of loss in the lives of many. The loss of routine, losing one's sense of security and the freedom to travel and see family and friends.



You may experience feelings of anger, sadness, and anxiety. These feelings are normal, however if you have an existing mental condition these feelings can trigger an episode. Educate yourself on

the signs and symptoms of some of the most common mental health issues.



. Make time for fun family time. Get them involved with cooking and cleaning. Reach out; know the emergency numbers and have them stuck in a place that is easy access.

COPING WITH STRESS



It is important to keep your stress levels low during this time. Here are some practical exercises in managing your psychological well-being:

1. **Journaling:** some helpful questions to ask yourself whilst journaling; what are my triggers? How am I feeling? What do I usually think? How do I normally respond? What would others be thinking or feeling? What am I grateful for today? What have I learnt today?

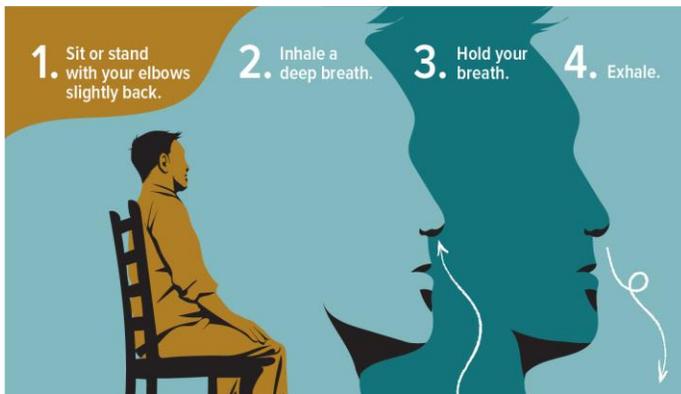


Trigger Categories

Just about anything can be a trigger. To begin exploring your own triggers, think about each of the categories listed below. Is there a specific emotion that acts as a trigger for you? How about a person or place? List your responses in the provided spaces.

Emotional State	
People	
Places	
Things	
Thoughts	
Activities / Situations	

2. Breathing exercises:



3. Routine: stick to some routine! Get up at the same time, do not sit in your pajamas all day.

Write down a list of activities you want to get done around the house. Exercise!

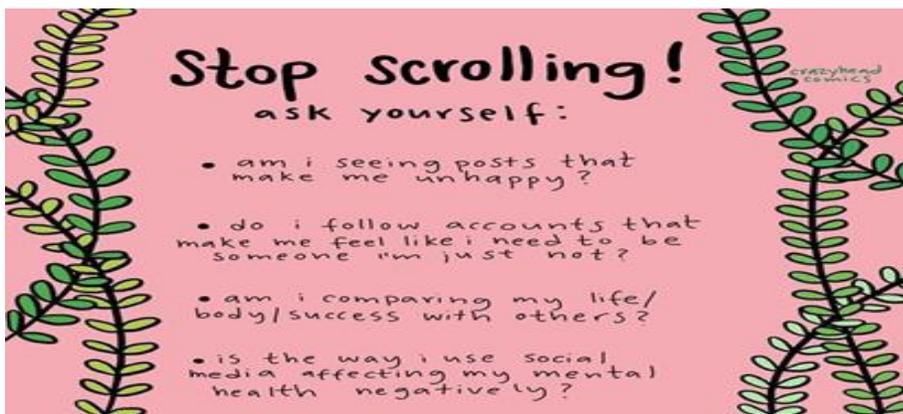


4. Physical distance not social distance: It is important to still **SOCIALLY CONNECT** with your family and friends. Call or message! There are many online platforms one can use.



5. Take a break from information on the internet and news:

Limit time on social media and watching the news. Too much negative information can increase your stress levels.



6. Be aware of stigma: Often stigma is caused from people not having the correct information. It is important to know the facts about the disease and that one can recover from it.



7. Use this time to connect with your family or loved ones:



USEFUL RESOURCES

- Student Counselling (**DUT**) 031-373-2266/candicel@dut.ac.za
- People Opposing Women Abuse (POWA) 011 642 4345
- South African Human Rights Commission 011 484 8300
- LIFELINE 011 728 1347 / 0861 322 322
- Commission for Gender Equality (CGE) 011 403 7182
- Independent Complaints Directorate (ICD) 012 320 0431
- South African Police Service (SAPS) 10111
- Stop Women Abuse 0800 150 150
- Childline 011 938 8745

- FAMSA National
- SADAG

011 833 2057

0800 456 789

DUT The Wellness Centre Student Counselling and Health recognizes the challenges of maintaining one's psychological well-being. Dealing with these challenges can be overwhelming for individuals, however there are several resources and tools to assist you in surviving the lockdown psychologically. We would like to assist our students by providing online counselling and online workshop presentations on various topics. To make a booking to see one of our psychologists please email Candicel@dut.ac.za.