

Coronavirus: Mental Health Sustainability in a Pandemic

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INTRODUCTIONS



Aim:

To outline considerations and provide advice on how mental health and wellbeing can be supported through a phased return to the workplace.

A woman with long blonde hair is wearing a black gas mask with two circular lenses and a filter. She is looking slightly to the right. The background is a warm, brownish-gold color with a bokeh effect.

Agenda:

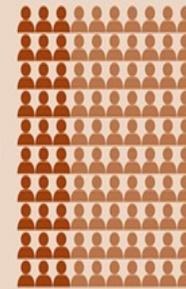
- 1** Background Information on mental health
- 2** Embracing a culture of self-care
- 3** Supporting a return to work
- 4** Work-life balance tips
- 5** Questions and answers

SOME STATISTICS

- Nearly a third of UK employees are absent due to mental health issues.
- Two thirds of UK employees do not report the reason for their absence.

30%

of respondents have **taken time off** due to mental health issues/stress



of these respondents

63%

did not tell their employer that the reason for their absence was mental health



24%

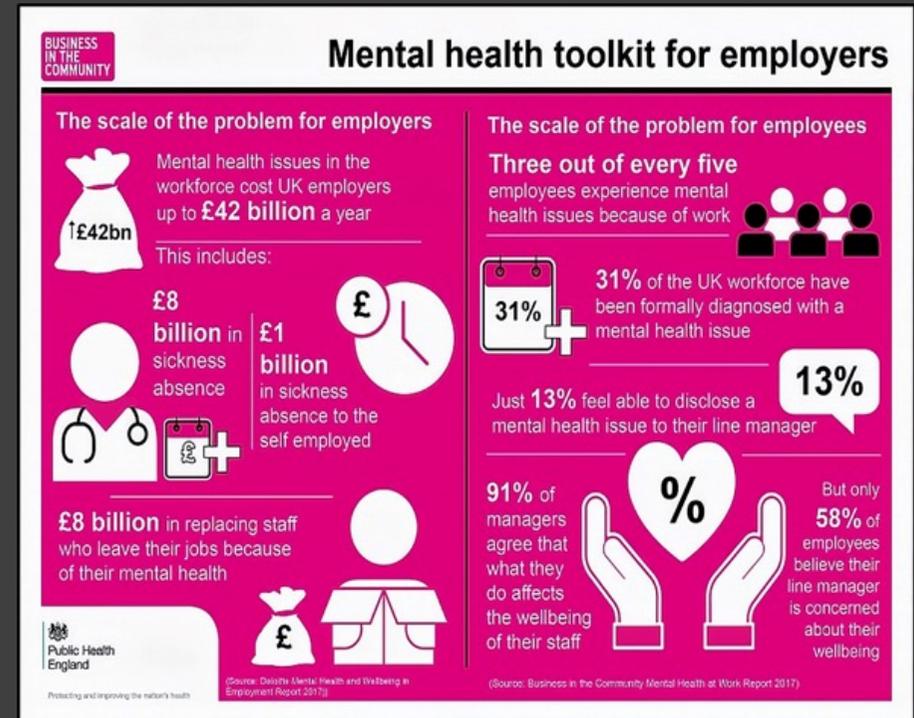
have considered **taking their own life**.

This figure rose to **32%** from respondents working for companies that employ fewer than 100 staff



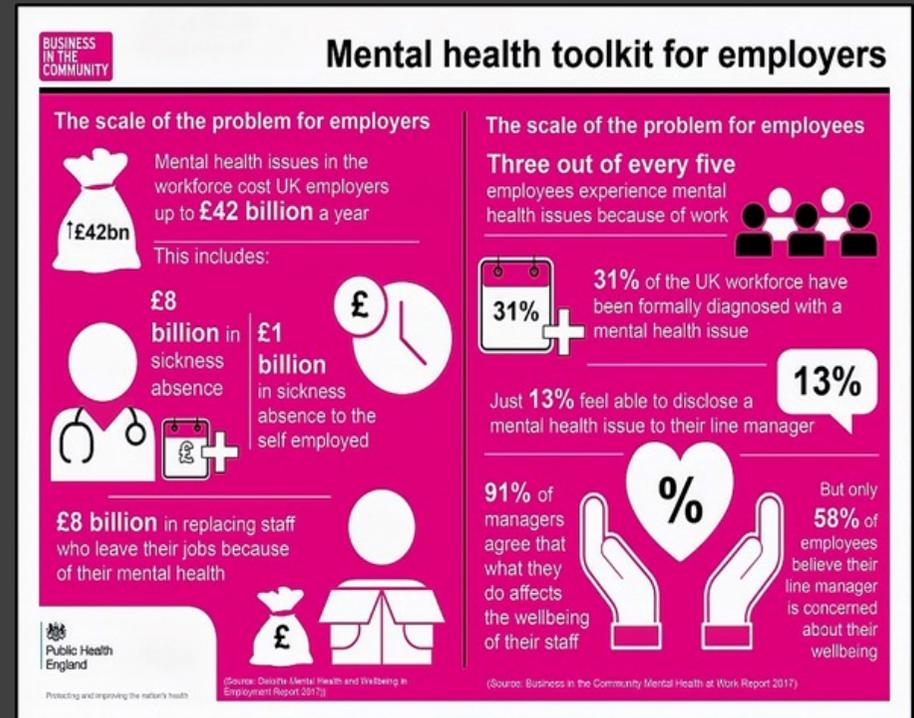
SOME STATISTICS

- £42 billion a year cost to UK employers.
- £8 billion in sickness absence.
- £8 billion in replacing staff who leave due to mental health.



SOME STATISTICS

- 60% of employees experience mental health issues because of work.
- Only 13% feel able to disclose a mental health issue to their manager.
- 91% of managers agree that what they do affects the wellbeing of their staff.
- Only 58% of employees believe their manager is concerned about their wellbeing



HOW WILL COVID-19 AFFECT OUR MENTAL HEALTH

- We do not yet know exactly what the impacts will be.
- There are many factors to consider including lockdown and ongoing restrictions such as social distancing.
- Fear of contracting the virus or feel anxious about family and friends or fear of losing their job.

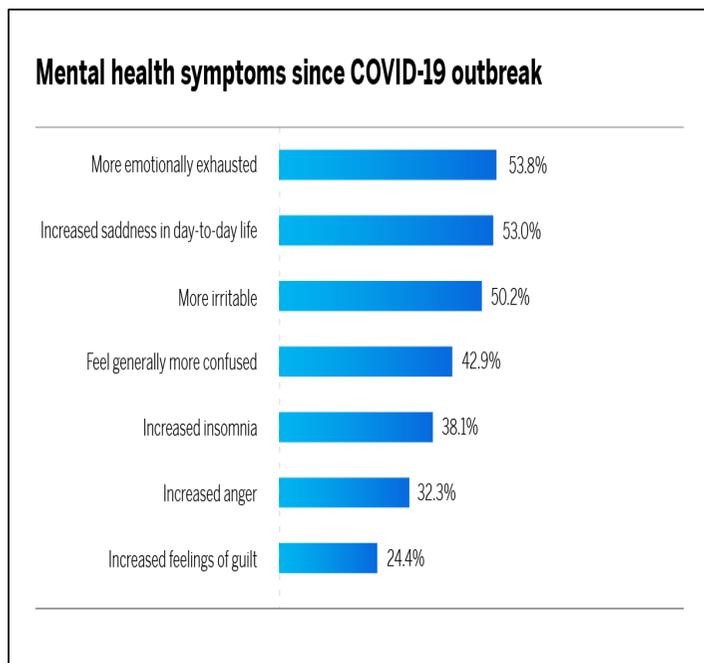


HOW WILL COVID-19 AFFECT OUR MENTAL HEALTH

- Early research into health impacts include:
 - Fatigue
 - Poor work life balance
 - Reduced exercise
 - Increased substance misuse
- Employees have been reporting:
 - Reduced motivation and
 - Loss of purpose
 - Anxiety and isolation
- Evidence from previous quarantine situations suggests there are long term effects on mental health.



HOW WILL COVID-19 AFFECT OUR MENTAL HEALTH



A recent survey showed that mental health challenges show themselves in several ways.

More than half say they are more emotionally exhausted, feel increased sadness or are more irritable.

Employees report these symptoms have increased since COVID-19 outbreak began.

SUPPORTING A RETURN TO WORK

Internal and external support

Ex. Anxiety management/ life-work balance

- Anxiety management

Next time
you're anxious
do these things...

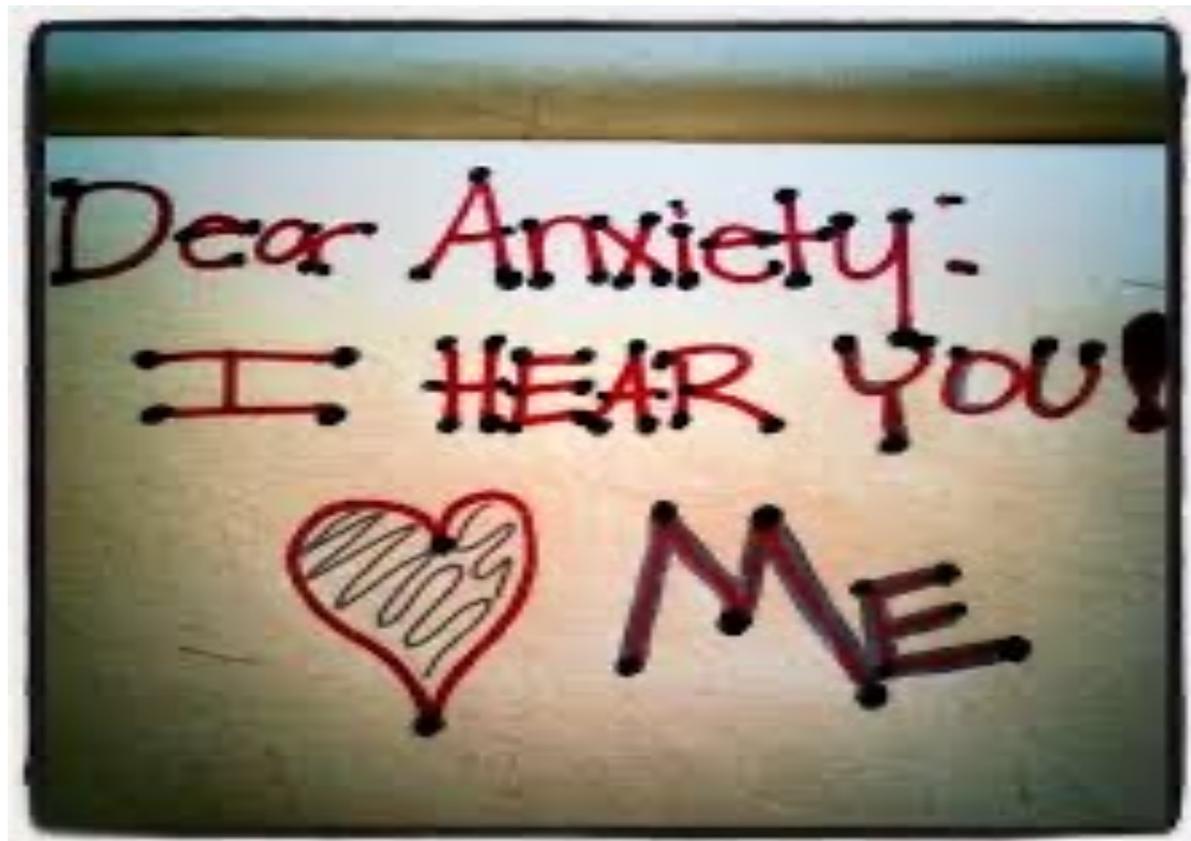


Manage Anxiety

85% of people
show symptoms of anxiety



Greet anxiety



Tongue twister

I scream, you scream

We all scream

For ice cream

“How much wood would a woodchuck chuck
if a woodchuck could chuck wood

Think about it as a skill to develop not to judge



Ground rules

Step 1

Get out of your own way



Activity 1

Shout the wrong name



Ground rules

Step 2

See it as an opportunity instead of a challenge or a threat



Activity 2

Give a gift



Ground rules

Step 3

Slow down and listen

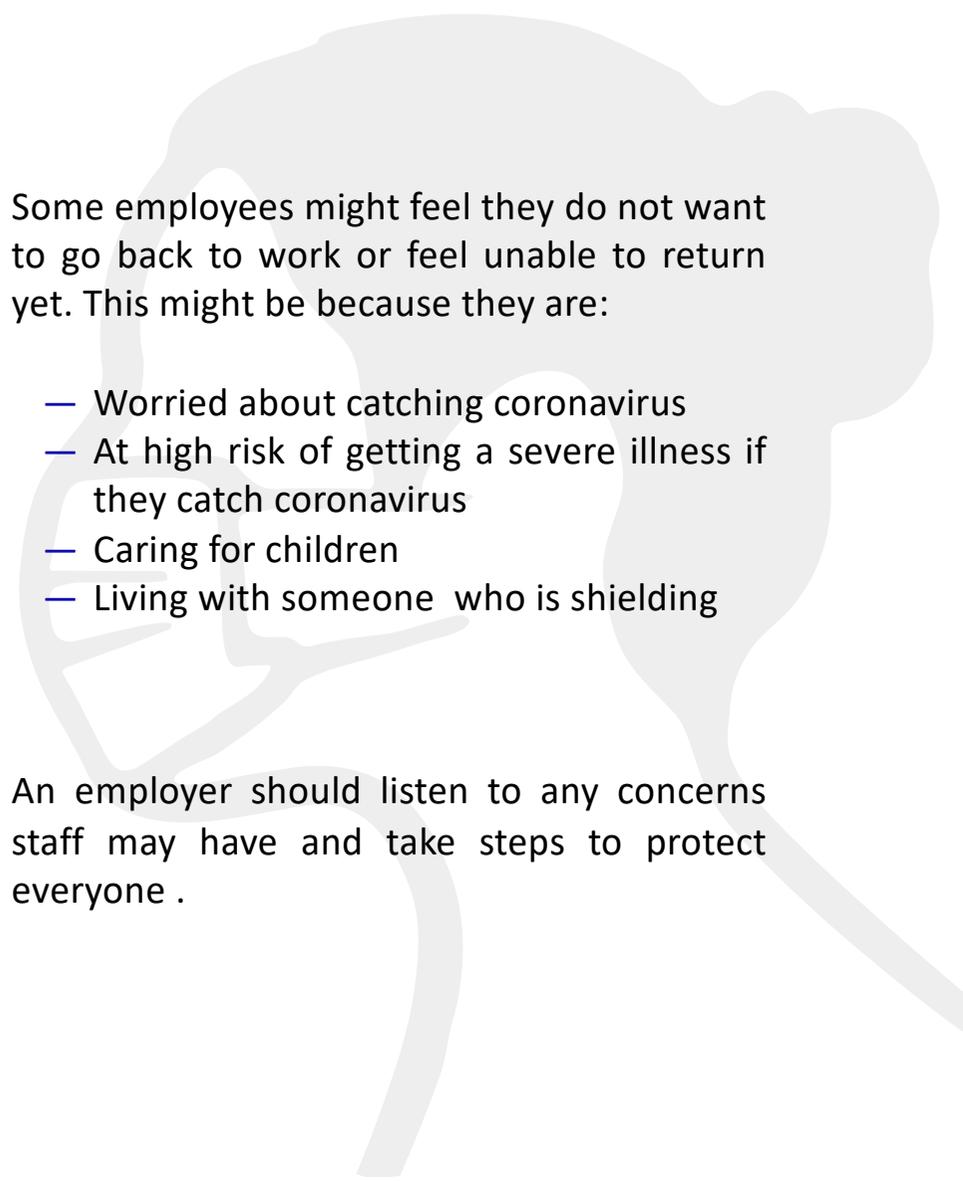


Activity 3

Spell it



IF SOMEONE Feels anxious about RETURN to workplace

- Some employees might feel they do not want to go back to work or feel unable to return yet. This might be because they are:
 - Worried about catching coronavirus
 - At high risk of getting a severe illness if they catch coronavirus
 - Caring for children
 - Living with someone who is shielding
 - An employer should listen to any concerns staff may have and take steps to protect everyone .
- 

Read the sentence

Finished files are the results of years of scientific study combined with the experience of many years.

Read the sentence

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Little things make a big difference

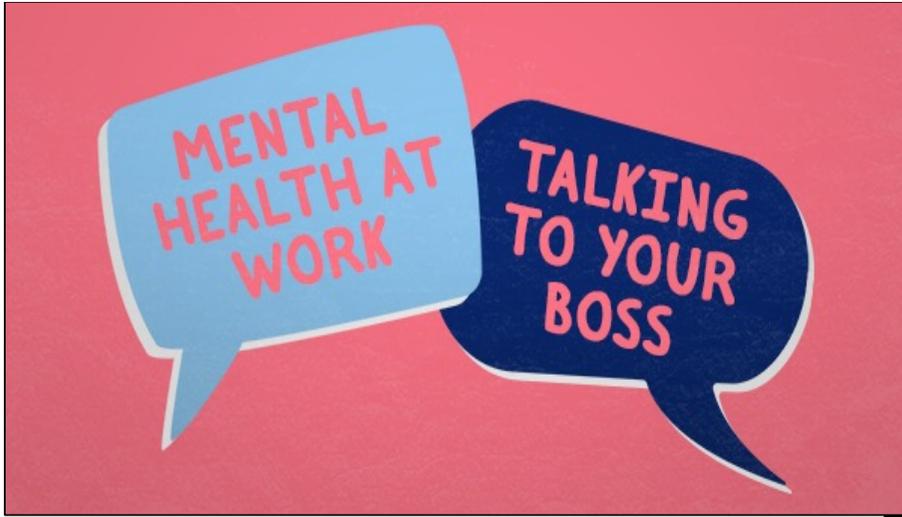
Standing instead of sitting down

Create a nutritious environment

Little things make a big difference

Nature- Assisted Therapy

Talk, Talk, Talk



**Talk to a
counsellor**

Questions?