



Changi
General Hospital
SingHealth

A SELF-CARE SERIES

ESSENTIAL SELF-CARE FOR ESSENTIAL WORK

#SGUNITED #ESSENTIALSERVICES
#COPINGWITHCOVID19



About Us

Department of TRaCS is committed to:

- Provide consultation, training and counselling services to build human resilience, enhance emotional support during crisis and improve mental health literacy at the workplace.
- Conduct research on human resilience to develop practice-informed training for organisations.
- Collaborate with industries, both local and overseas, to customise and equip them with sustainable solutions to build organisational resilience.

Please note the contents of this publication are for general information purposes and are provided on the understanding that no medical advice or recommendation is being rendered.

Medical treatment has to be individualised and can only be rendered after an adequate assessment of your condition through appropriate clinical examination. Please do not disregard the professional medical advice of your physician or local healthcare provider or delay in seeking medical advice from them because of any information herein.

For the reasons given above, you should not just rely on the information herein and to the fullest extent permitted by law, we do not accept any responsibility if you do.

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THANK YOU FOR DOING YOUR PART IN KEEPING SINGAPORE SAFE

Your work is essential, but your well-being is essential as well. It is normal to feel under pressure in the current situation. It is expected that for many of us working in essential services, we may have developed worries and anxiety as we continue with our work, especially if we have not been involved in similar situations.

While we care for our physical health, our mental health plays an equally important role in building our resilience.

We hope the following information and activities provide you with the opportunity to reflect on your mental health and is a step towards exercising your resilience muscle in this unique and unprecedented time.

You are encouraged to keep the momentum going as the activities are designed for repeated use.

“We need to do a better job of putting ourselves higher on our own ‘to do’ list.”

MICHELLE OBAMA



Uncomfortable situations may bring about uncomfortable reactions

These reactions are normal.

Emotion

- Not being able to experience joy in activities you normally find pleasurable
- Increased anger or irritability



Thoughts

- Constant worry about what's happening
- Sense of helplessness
- Frequent intrusive thoughts about COVID-19



Physical

- Muscle aches and pains
- Changes in weight
- Headaches



Behaviour

- Sleep disturbances
- Avoiding non-physical contact with others e.g. avoiding calls or messages



However, if these changes experienced are prolonged, dysfunctional and/or distressing, seeking support early from a mental health professional may prevent development of a mental disorder.



National Council of Social Service's Mental Health Resource Directory



Self-Care Reminder

TAKE WHAT YOU NEED

At moments of discomfort, ask yourself:
"What would make me feel better at this time?"





ENHANCE MY SELF-AWARENESS

WHERE ARE MY EMOTIONS COMING FROM?



BRING SOME UNDERSTANDING TO
YOURSELF AND THE WORLD AROUND YOU.

<p> SITUATION: WHEN I AM... <i>E.g. Told to prepare a presentation</i></p>	<p> I FEEL: <i>Nervous</i></p>	<p> I REACT BY: <i>E.g. Thinking about how I would do badly</i></p>
<p>SITUATION: WHEN I AM...</p>	<p>I FEEL: <i>Calm</i></p>	<p>I REACT BY:</p>
<p>SITUATION: WHEN I AM...</p>	<p>I FEEL: <i>Frustrated</i></p>	<p>I REACT BY:</p>
<p>SITUATION: WHEN I AM...</p>	<p>I FEEL: <i>Amused</i></p>	<p>I REACT BY:</p>
<p>SITUATION: WHEN I AM...</p>	<p>I FEEL:</p>	<p>I REACT BY:</p>

TO BETTER MANAGE YOUR REACTIONS,
TURN TO THE NEXT PAGE.

RISING WITH G.R.I.T.

TRY THIS EXERCISE TO MANAGE
UNCOMFORTABLE EMOTIONS THAT
MAY ARISE DURING STRESSFUL
SITUATIONS.

*“Feelings are
much like
waves;
we can’t stop
them from
coming but we
can choose
which wave to
surf.”*

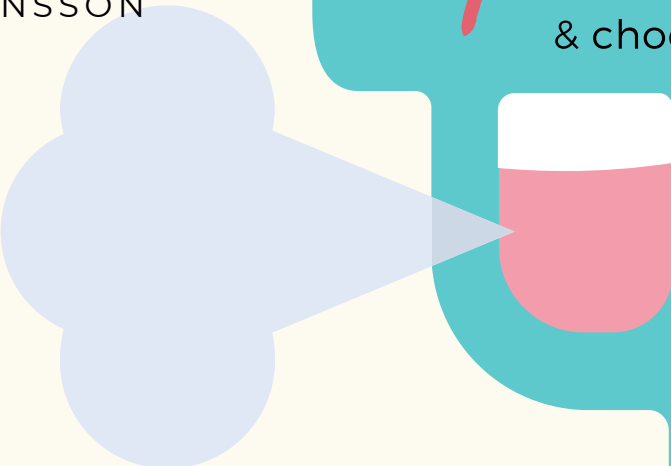
JONATAN
MARTENSSON

G Give yourself space.
Move away from the trigger.

R Rest. Take a breath.
Take deep and calming breaths.

I Identify strengths.
*Consider how my strengths have
helped me in the past.*

T Take stock of changes experienced
& choose how to react.



*I am feeling this way now,
but I can choose how I
manage my emotions.*

LIST THREE SMALL WINS AT WORK EACH DAY

Reminds you that what you do is making a difference at work, which fuels your progress loop and makes you feel more engaged.

Example

DATE: 31/9/2020

3 WINS AT WORK:

- (1) My colleague bought me a cup of coffee.
- (2) I finished my to do list.
- (3) I managed to have a healthy lunch!

DATE: _____
3 WINS AT WORK:

DATE: _____

3 WINS AT WORK:

DATE: _____

3 WINS AT WORK:

DATE: _____

3 WINS AT WORK:

DATE: _____

3 WINS AT WORK:

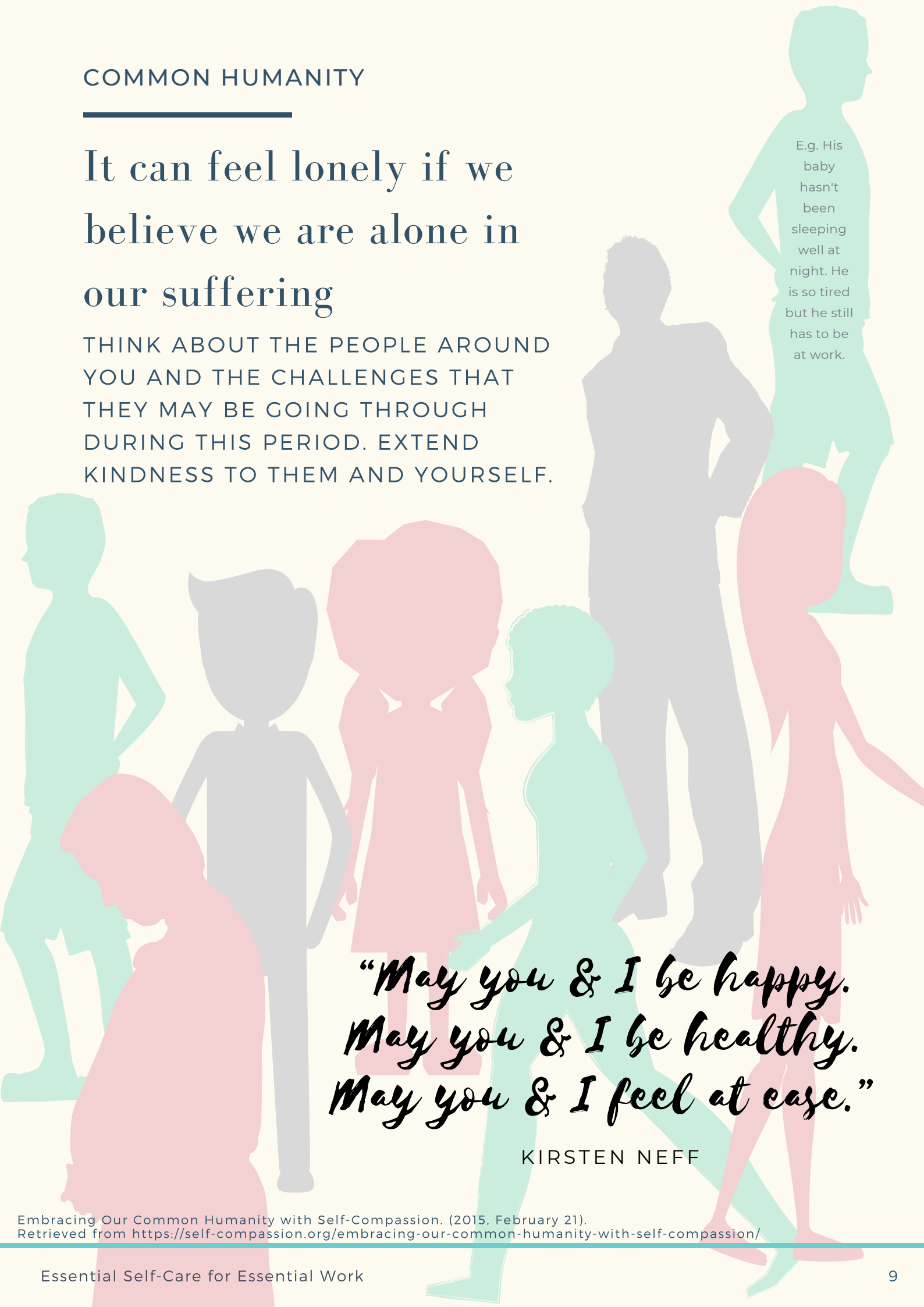
“I found that small wins, small projects, small differences often make huge differences.”

ROSABETH
MOSS KANTER

COMMON HUMANITY

It can feel lonely if we believe we are alone in our suffering

THINK ABOUT THE PEOPLE AROUND YOU AND THE CHALLENGES THAT THEY MAY BE GOING THROUGH DURING THIS PERIOD. EXTEND KINDNESS TO THEM AND YOURSELF.



E.g. His baby hasn't been sleeping well at night. He is so tired but he still has to be at work.

*“May you & I be happy.
May you & I be healthy.
May you & I feel at ease.”*

KIRSTEN NEFF

What's in your survival kit?

HERE ARE SOME LOCAL RESOURCES FOR CONSIDERATION AS YOU ABIDE BY SAFE DISTANCING MEASURES:



MY OWN RECOMMENDATIONS:

Keep fit with exercises by Singapore Sport and Exercise Medicine Centre.



Running out of meal ideas? Check out CGH's "Eat Well, Stay Well" recipe book for healthy meals.



For more information

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