

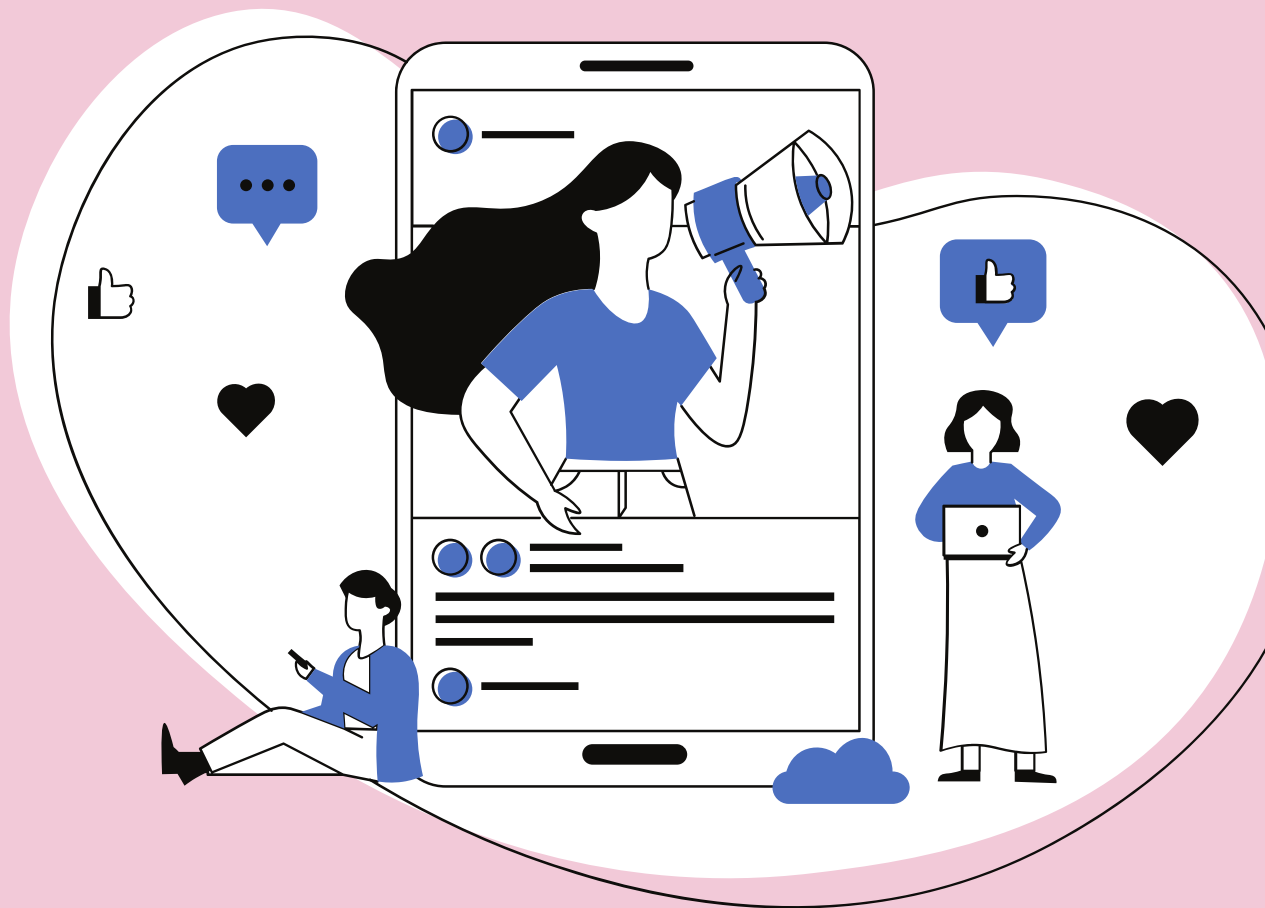


Changi  
General Hospital  
SingHealth

A SELF-CARE SERIES

# *OUT OF SIGHT BUT NOT OUT OF MIND*

#SGUNITED #SHN #HQO  
#COPINGWITHCOVID19



# *About Us*

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## **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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*“Reflect upon  
your present  
blessings, of  
which every  
man has  
plenty; not on  
your past  
misfortunes, of  
which all men  
have some.”*

CHARLES DICKENS

THANK YOU FOR DOING YOUR  
PART IN KEEPING SINGAPORE  
SAFE

For most of us, this period of uncertainty amidst the COVID-19 situation can bring about heightened worry and anxiety. While we care for our physical health, our mental health plays an equally important role in building our resilience.

The following activities strive to provide 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.

Being isolated from others can be distressing, but we do not need to feel alone.



# *Uncomfortable situations may bring about uncomfortable reactions*

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These reactions are normal.

## *Emotion*



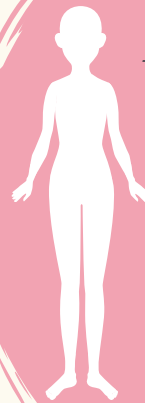
- Not being able to experience joy in activities you normally find pleasurable
- Increased anger or irritability

## *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.

## HOW ARE YOU SPENDING YOUR TIME?

# *SAFE DISTANCE, SAFE COPING DAILY QUESTIONNAIRE*

GIVE YOURSELF 1 POINT FOR EVERY ACTIVITY YOU ENGAGE IN.  
ARE THERE ANY AREAS YOU HAVE BEEN NEGLECTING TODAY?

### *PHYSICAL SELF-CARE*

- Take a shower
- Eat a healthy meal
- Stretch
- Take a nap
- Wear comfortable clothes

### *PSYCHOLOGICAL SELF-CARE*

- Practise a relaxation technique
- Express yourself
- Appreciate nature outside of your window
- Unplug from social media for an hour
- Being grateful

### *EMOTIONAL SELF-CARE*

- Find things that make you laugh
- Allow yourself to cry
- Send an email/text to someone you love
- Enjoy your favourite books/movies
- Try out a new activity

### *SPIRITUAL SELF-CARE*

- Meditate/pray
- Identify what is meaningful to you
- Be open to inspiration
- Explore inspirational literature (talks, music)
- Sing/dance at home

*How are you coping today?*

0 - 5

Are you okay? Perhaps you'd like to talk to someone:



National Council of Social Service's Mental Health Resource Directory

6 - 15

Seems like you are getting the hang of this. Do any of the other activities interest you? Flip the page for more ideas!

16 - 20

Wow! You are a pro at this. Flip to the next page to keep up the great self-care routine!

## 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.”*

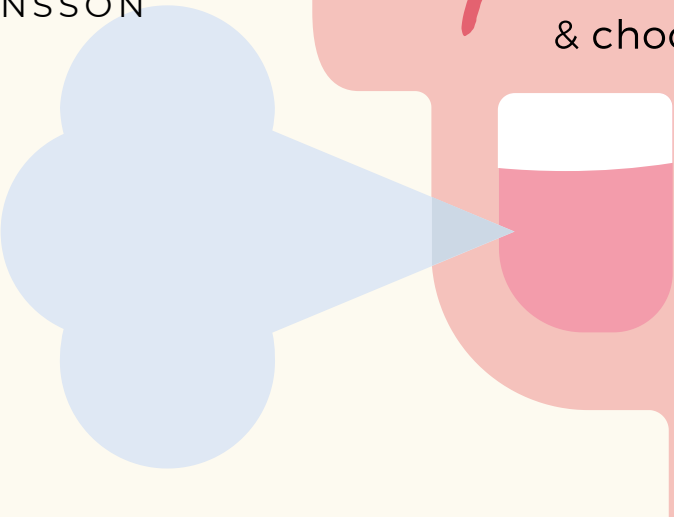
JONATAN  
MARTENSSON

**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.



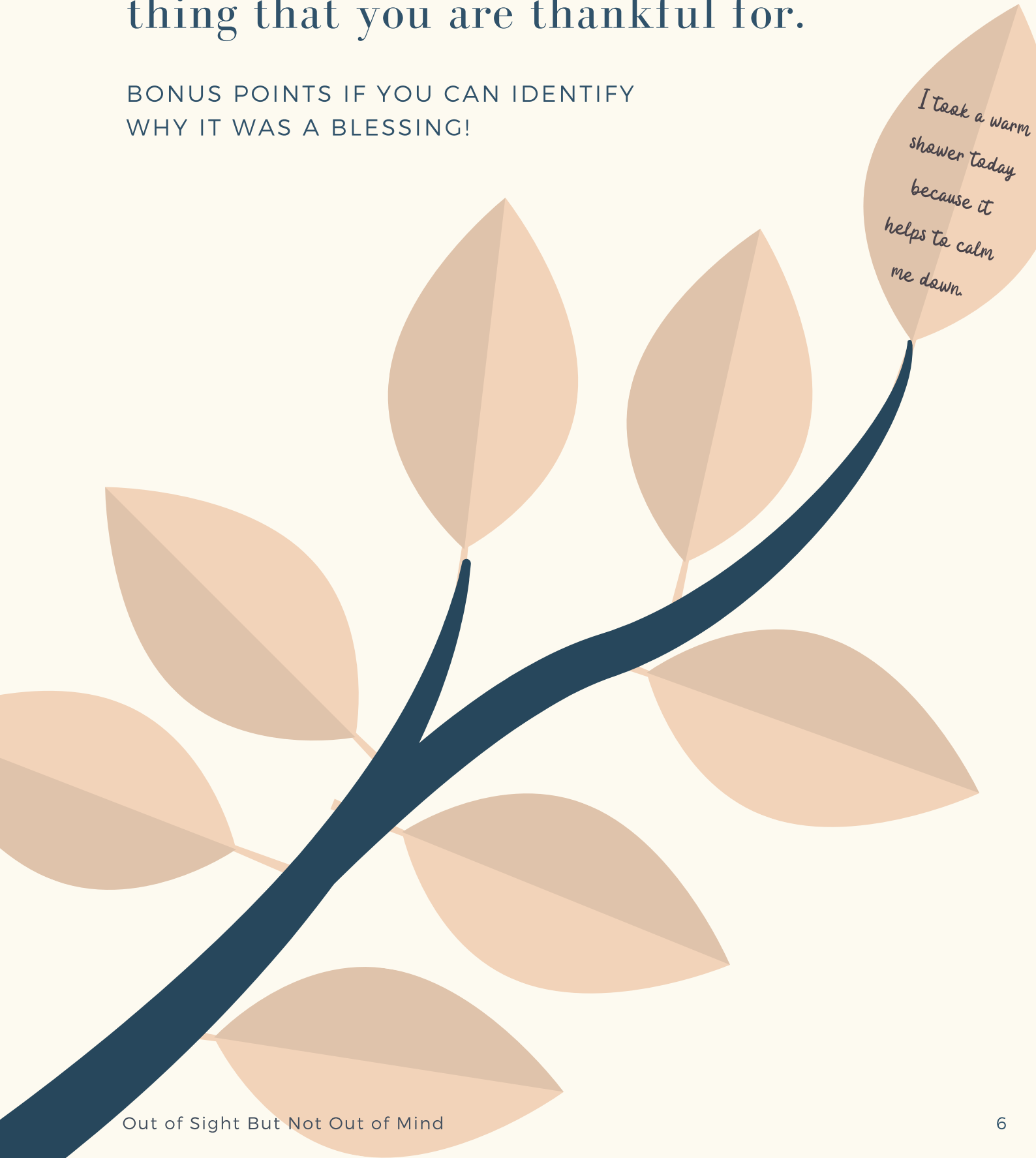
*I am feeling this way now,  
but I can choose how I  
manage my emotions.*

GRATITUDE TRAINS OUR BRAIN TO  
LOOK OUT FOR POSITIVE EVENTS

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For each day, write down one good  
thing that you are thankful for.

BONUS POINTS IF YOU CAN IDENTIFY  
WHY IT WAS A BLESSING!



*I took a warm  
shower today  
because it  
helps to calm  
me down.*

RECOGNISE THAT SOMETIMES, WE CAN ONLY  
CONTROL OUR EFFORTS AND ATTITUDE

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## *Take a minute to sort out your worries*

CONSIDER AND NOTE DOWN WHAT YOU ARE ABLE OR UNABLE TO  
CONTROL AT THE MOMENT.

*E.g. How others react to the situation.*

*E.g. Cancelled plans.*

OUT OF MY  
CONTROL

*E.g. Washing my hands.*

*E.g. Staying at home.*

WITHIN MY  
CONTROL

*E.g. How I speak to others.*



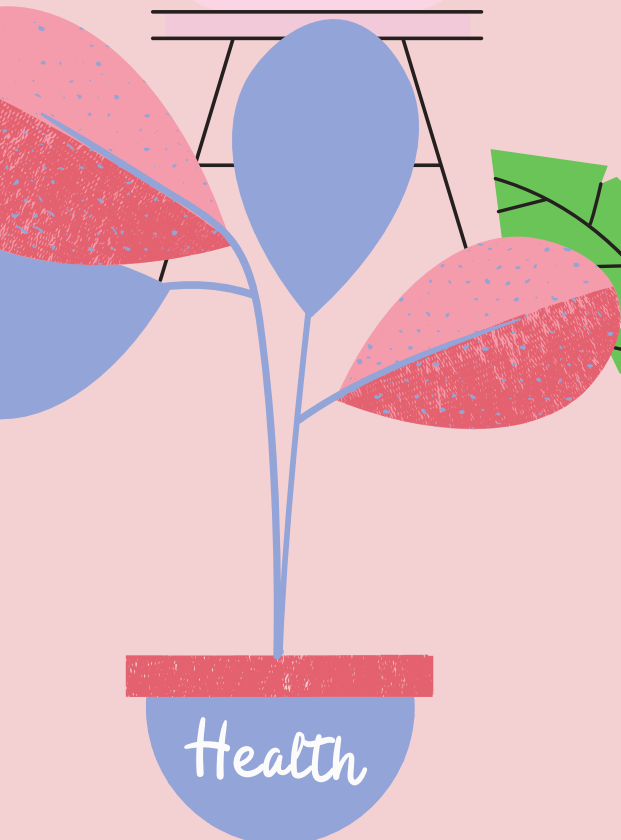


IN STRESSFUL SITUATIONS, WE CAN  
FEEL OVERWHELMED



*Focus on what needs  
your attention right now*

LIST DOWN ON THE POTS WHAT YOU WANT  
TO FOCUS YOUR ATTENTION ON AND GROW  
AT THIS MOMENT.





SAFE DISTANCING, NOT ISOLATING

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## *Reach out to your support network*

IDENTIFY THE PEOPLE WHO ARE IN YOUR CORNER, AND SHOW THEM SOME LOVE.

Name: \_\_\_\_\_ >

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Why he/she matters:

How can I reach out:

A blue smartphone mockup showing a form with a pink dot above the name field, a horizontal line, and two pink speech bubble shapes for text entry.

Name: \_\_\_\_\_ >

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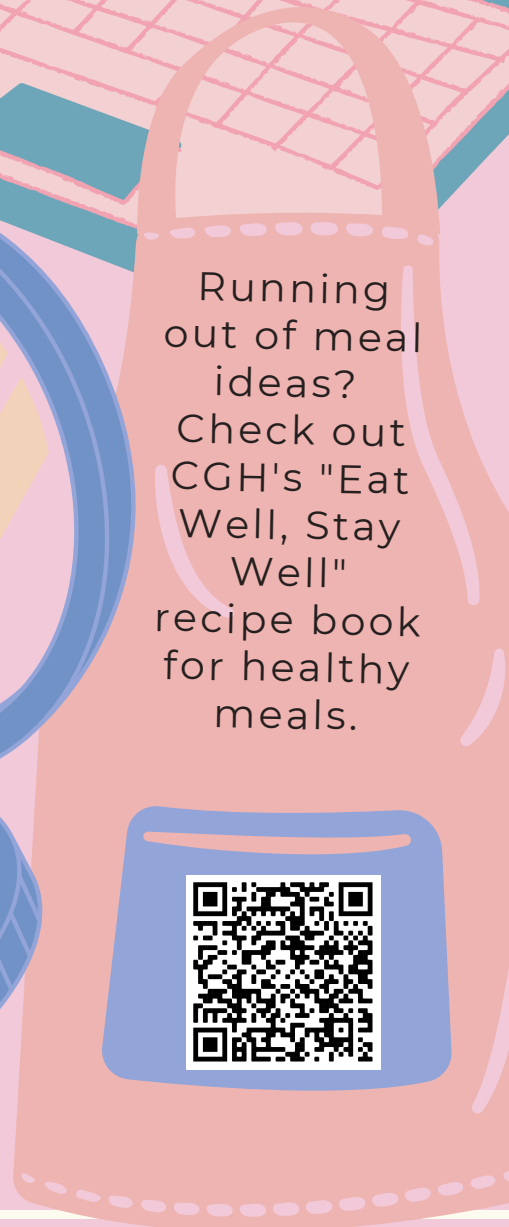
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# What's in your survival kit?

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



# *For more information*

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