



Changi
General Hospital
SingHealth

A SELF-CARE SERIES

SELF-CARE FOR SENIORS AT WORK

#SGUNITED #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.

The Community Psychogeriatric Programme (CPGP) is a service based in CGH that provides community mental health services for older persons in Singapore. CPGP is committed to:

- Provide community mental health services for early detection and treatment of mental health disorders in older persons and to allow ageing-in-place within the community.
- Collaborate with social and health care agencies and caregivers to meet the needs of older persons so as to maintain the older person in the community for as long as possible.
- Strengthen the medical capability of family practitioners and community eldercare agencies in managing older persons with mental disorders through training, consultation and support.

“As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others.”

MAYA ANGELOU



THANK YOU FOR DOING YOUR PART IN KEEPING SINGAPORE SAFE

COVID-19 creates a unique set of stressors and worries for Seniors aged 60 years and above as there is a higher risk of developing serious health complications if they are infected (MOH, May 2020).

We recognise that there are resilient Seniors who continue to contribute to the Singapore workforce despite this risk.

To encourage continued efforts in caring for the mental well-being of our Seniors in the workforce, we would like to share with you, your colleagues and loved ones in this age group, the possible mental health impact of the COVID-19 situation and some recommended self-care strategies to cope.

SUPPORT MEASURES FOR SENIORS DURING COVID-19. (2020, May 8). Retrieved from <https://www.moh.gov.sg/news-highlights/details/support-measures-for-seniors-during-COVID-19>

Understanding the Impact of COVID-19 on Your Mental Well-being

As we adjust to the COVID-19 situation, remember that it is normal if you experience some of the changes listed below.



Thoughts



- Fear of contracting the virus while at work and spreading it to family members
- Worry about health and mortality
- Worry about unemployment
- Concern over access to healthcare
- Worry about the rapidly evolving nature of the virus and its impact
- Difficulty in keeping up with swiftly evolving restrictions and information

If you are experiencing prolonged distress or it makes you feel dysfunctional, do seek help early from a mental health professional to improve your mental well-being.

For a complete list of services and resources for Seniors in Singapore:



www.silverpages.sg



Emotions

- Feeling confused and helpless due to the unpredictable situation
- Feeling scared and anxious due to the higher level of risks on personal health
- Feeling sad and isolated due to the physical distancing measures with colleagues, family and friends

Physical



- Headaches
- Rapid breathing and increased heart rate
- Fatigue
- Muscle aches and pains
- Changes in weight

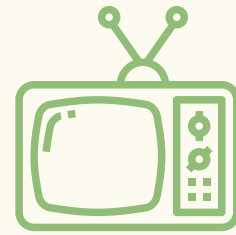


Behaviour

- Difficulty in staying focused at work or at home
- Increased forgetfulness
- Difficulty in making decisions
- Sleep disturbances

Making Sense

Consider what you are able or unable to control and note it down



WITHIN MY CONTROL:



E.g. I can remember to take my temperature twice a day.

OUT OF MY CONTROL:

E.g. I cannot prevent my family and friends from being worried about me while I am at work, but I can assure them that I take precautions at work.

“It is during our darkest moments that we must focus to see the light.”

ARISTOTLE

It is okay for me to be anxious

Kindly acknowledge whatever is showing up inside you

Example

My thoughts: I am lonely

My feelings: I feel sad

My memories: I miss the lunch time conversations with my colleagues

My sensations: My shoulders feel tense, my chest feels heavier

My urges: To meet up with my colleagues

It is lonely for everyone too. I'll call a friend later.

What kind words can I offer myself or others at this time?

Kind words to offer myself or others at this time:

My thoughts:

My feelings:

My memories:

My sensations:

My urges:

“Pain will subside only when we acknowledge and care for it.”

BRENE BROWN

My thoughts:

My feelings:

My memories:

My sensations:

My urges:

Kind words to offer myself or others at this time:

My thoughts:

My feelings:

My memories:

My sensations:

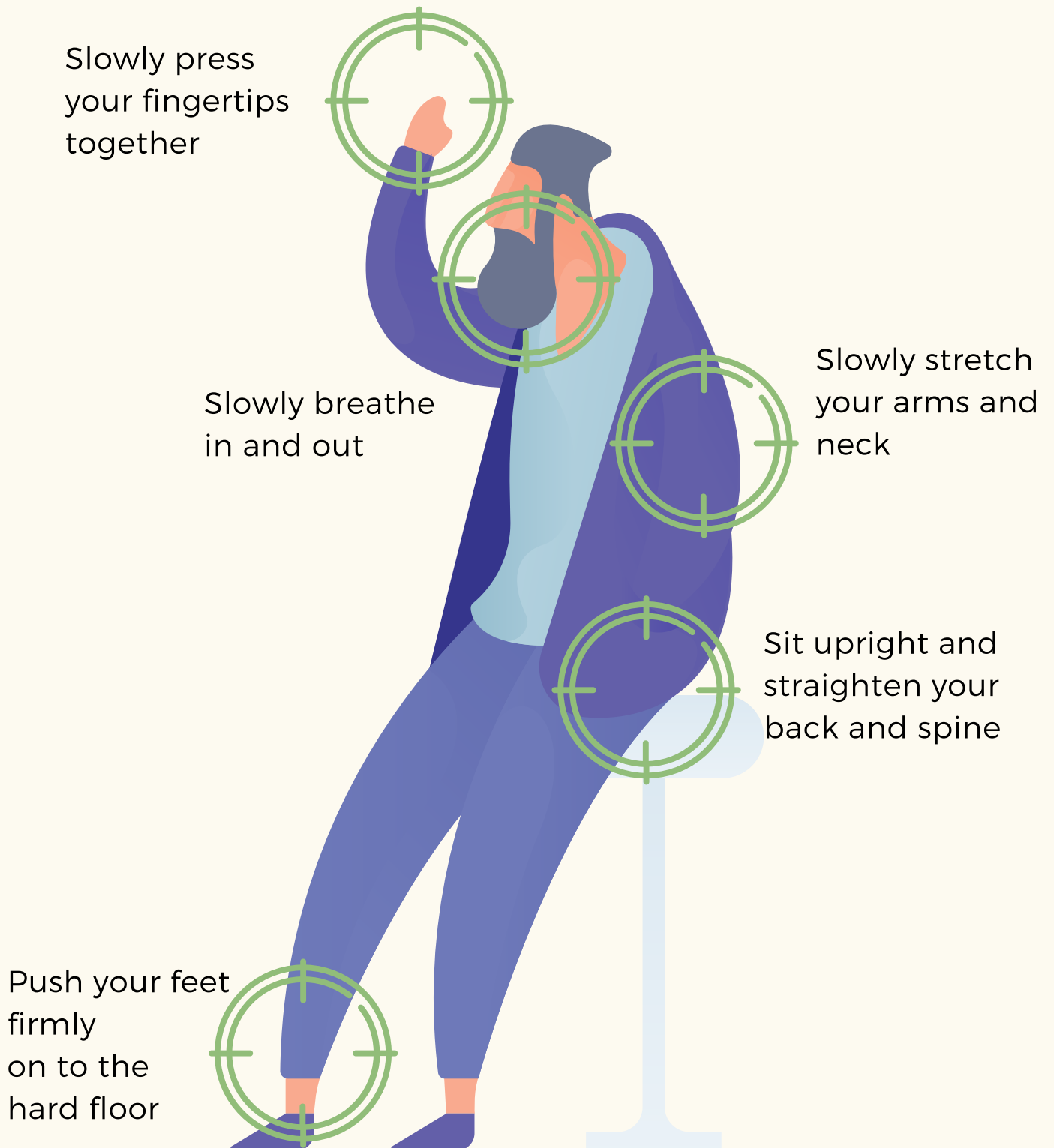
My urges:

Kind words to offer myself or others at this time:

Be Mindfully Present

When we bring our attention to our body sensations, we are drawn to the here and now instead of past and future.

Take a moment to connect with your physical body.



Mindful Activity Bingo

We often bring thoughts of our past or future into our tasks.

Challenge yourself by practicing to focus on the activity you are engaging at the present moment. Cross out each activity as you complete it.

Look around the room and notice five things I can see	Notice five sounds I can hear	Notice the smells in my surroundings
Notice what I am tasting in my mouth	Notice what I am doing at the moment	Notice the colours I can see in my surroundings
Notice how my body is in contact with my surroundings	Observe something in my environment that is pleasant	Feel the textures of different objects around me



HOW ARE YOU SPENDING YOUR NON-WORK DAYS?

Finding Your Daily Dose of Joy & Meaning

Pick an activity that you enjoy and make a plan to complete it on your non-working days.

If you are feeling adventurous, try out a new activity or even fill up the blank card with an activity that interests you.

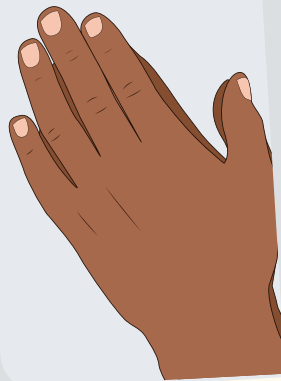
Listen to music I enjoy



Join online fitness class



Pray/
Meditate



List down things I am grateful for



Wear my favourite clothing during special occasions



**Wild card:
My choice!**

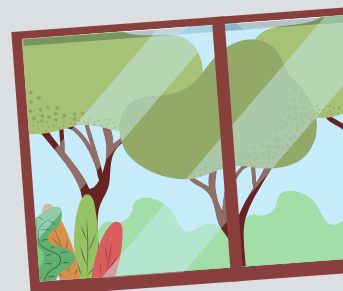
Prepare or order my favourite meal, and take time to savour it



Video call family or friends I miss



Appreciate nature outside my window



For more information

CONTACT US AT

DEPARTMENT OF TRaCS
CHANGI GENERAL HOSPITAL
2 Simei Street 3,
Singapore 529889

PHONE
+65 6426 8933

EMAIL ADDRESS
tracs@cgh.com.sg

RESOURCES



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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.

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