



Changi
General Hospital
SingHealth

A SELF-CARE SERIES

THRIVING WHILE WORKING FROM HOME

#SGUNITED #WFH #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.

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“Almost everything will work again if you unplug it for a few minutes, including you.”

ANNE LAMOTT

THANK YOU FOR DOING YOUR PART IN KEEPING SINGAPORE SAFE

Your work is important, but your well-being is just as important. For most of us, working from home for a prolonged and uncertain amount of time, can be a new and challenging experience. It requires a change in routines, perspective and attitude.

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.



Possible Impact on Mental Health

While there are immediate health benefits to working from home during the COVID-19 situation, it is important to recognise the possible mental health consequences and work towards preventing them.

ISOLATION

It can be lonely to be away from the office if we are used to interacting with our colleagues on a regular basis.

A study showed that loneliness and social isolation can be more harmful to physical and mental health than obesity.

BURNOUT

We may spend more hours working to try to prove that working from home can be as productive.

The struggle to separate work and home responsibilities may also be more challenging as other family members are also at home.

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.

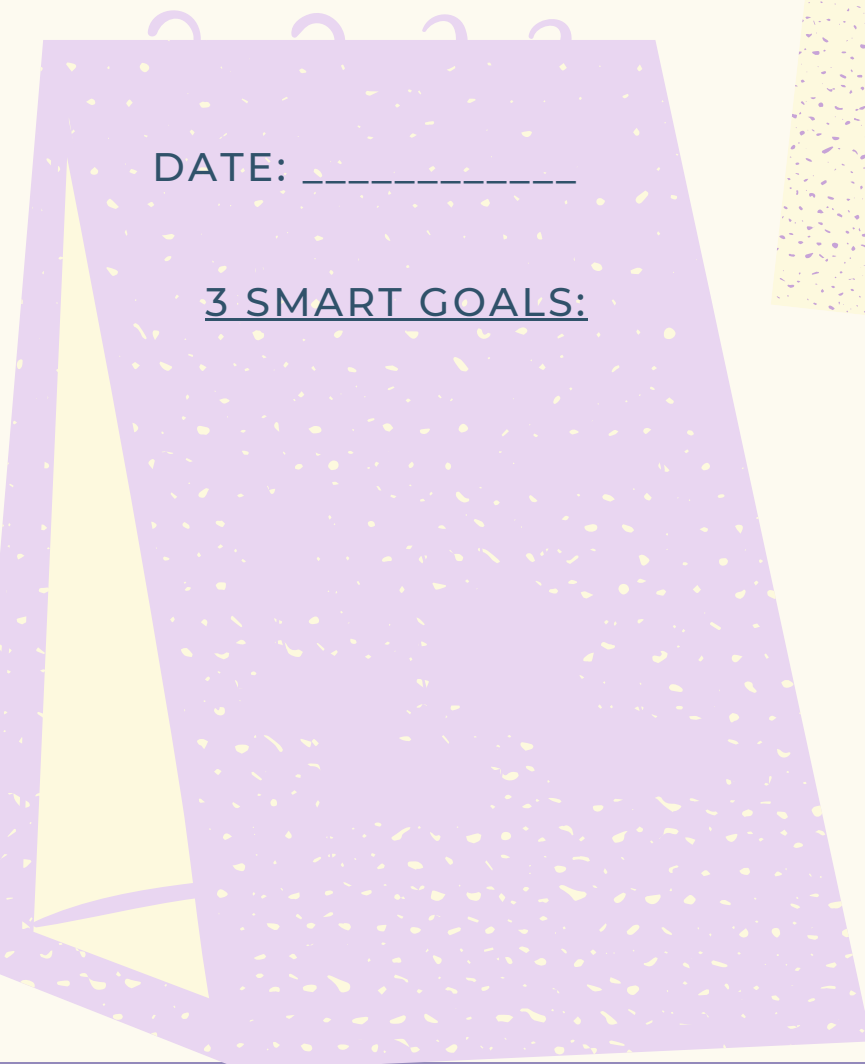
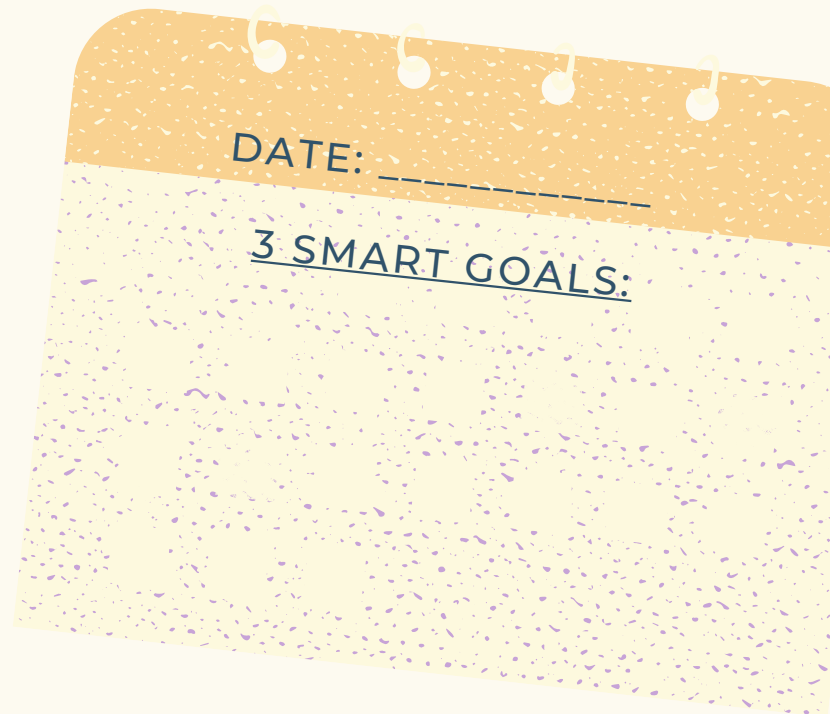
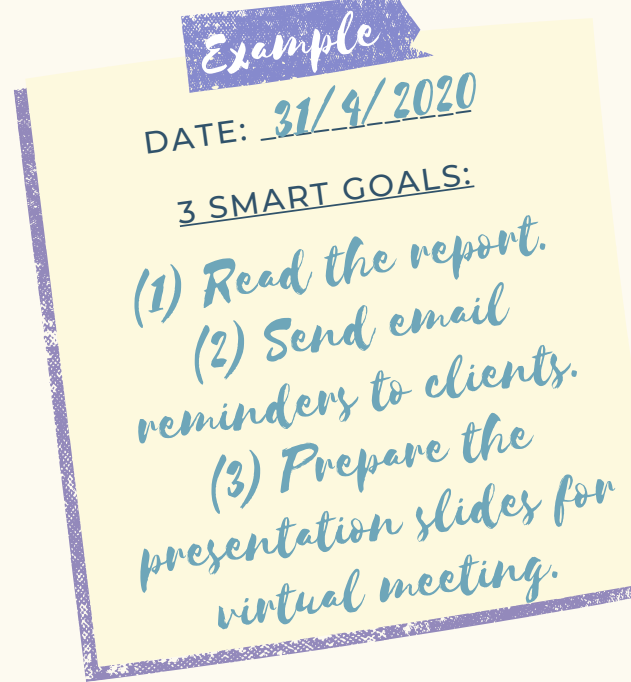


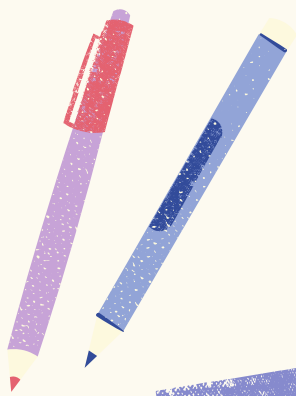
National Council of Social Service's Mental Health Resource Directory

KEEPING GOALS IN FOCUS

Set S.M.A.R.T. goals for your work day

Plan your day by setting three **s**pecific, **m**easurable, **a**chievable, **r**ealistic and **t**ime-bound goals for yourself. Celebrate your productivity to support your mental health.





“The trouble with not having a goal is that you can spend your life running up and down the field and never score.”

BILL COPELAND

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.”*

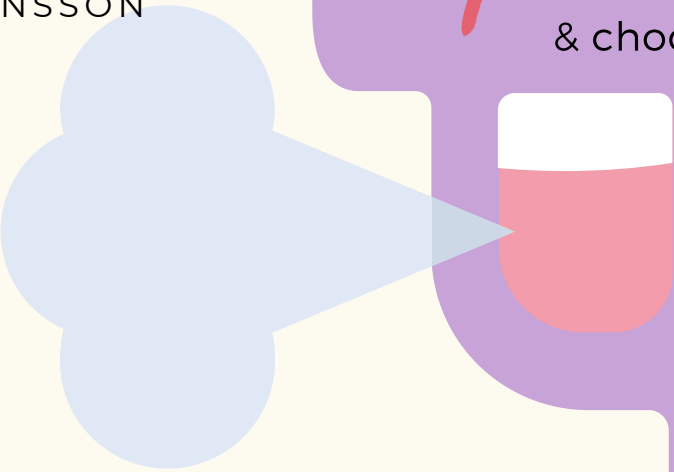
JONATAN
MARTENSSON

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.*



SAFE DISTANCING, NOT ISOLATING

Maintain virtual contact with close colleagues

IDENTIFY THE PEOPLE WHO NORMALLY SUPPORT YOU AT WORK AND REACH OUT TO CONTINUE FOSTERING COLLABORATION.

Name:

Why he/she matters:

How can I reach out:

Name:

Why he/she matters:

How can I reach out:

Name:

Why he/she matters:

How can I reach out:

TAKE A BREATH & OFFER A BALANCED PERSPECTIVE

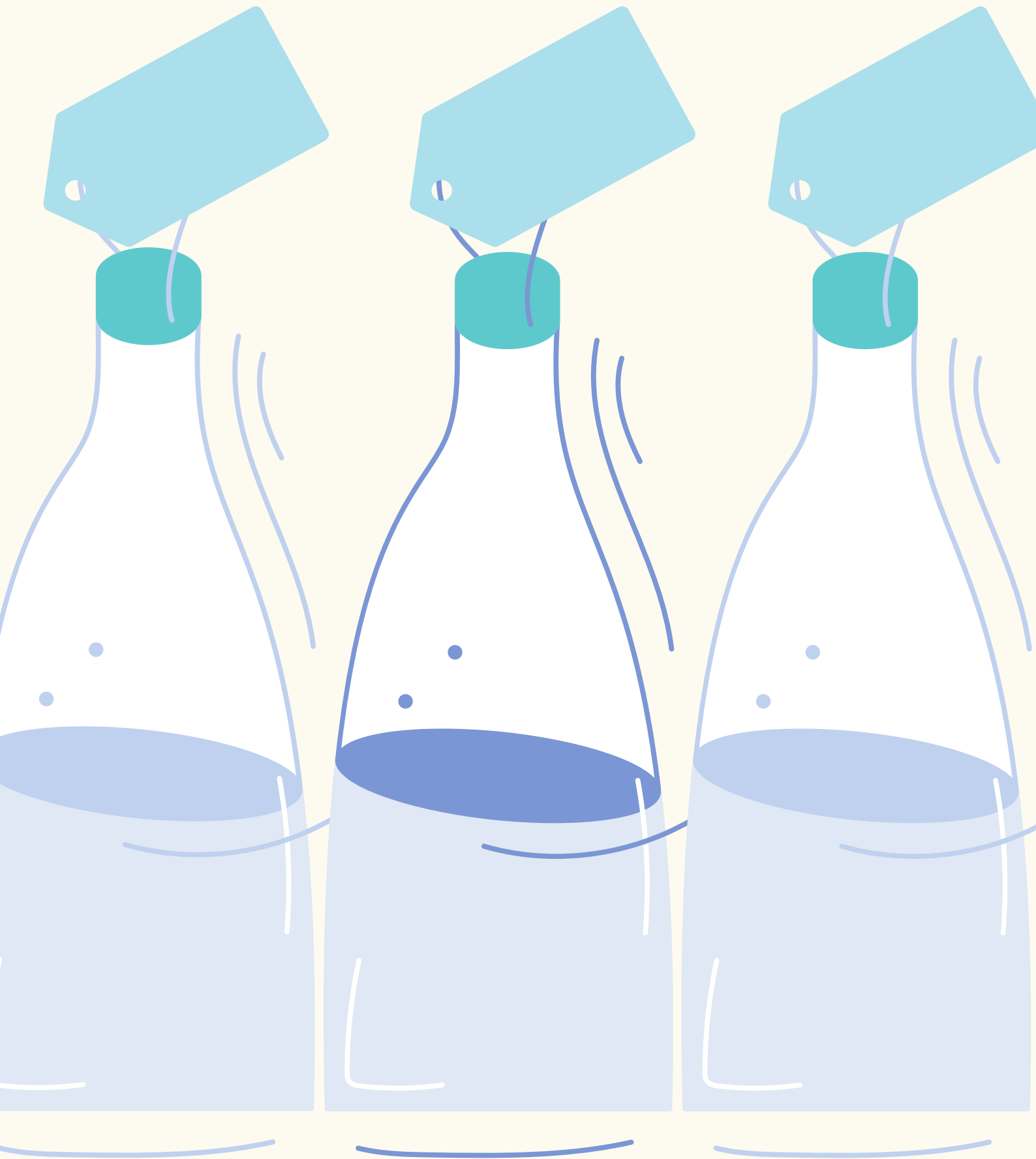
GLASS HALF FULL? GLASS HALF EMPTY?

WRITE A WORRY YOU CURRENTLY HAVE. THEN OFFER A POSITIVE AND NEGATIVE PERSPECTIVE TO THE WORRY.

*Example
Staying focused
while working from
home.*

*My kids will
not let me
finish my
work!*

*I can prepare
activities that can
keep them
occupied.*



“Reality is a question of perspective.”

SALMAN RUSHDIE

For more information

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