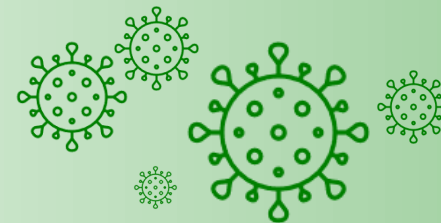




COVID CORNER

Exploring the ongoing impact of COVID-19 on our lives



1 July 2022

COVID & corporate wellness

4-8 JULY IS CORPORATE WELLNESS WEEK

The purpose of Corporate Wellness Week Mental health at work

During this week, we are encouraged to focus on wellness within our workplaces, and particularly to follow a healthy lifestyle, even at work.

We spend most of our active life working, and most of the active part of our day is spent at work. It follows that there is a close link between our work and our health and wellbeing.

COVID-19's impact on mental health

Global surveys show a major increase in adults suffering stress, anxiety, depression and insomnia since the beginning of the pandemic, compared with surveys before the pandemic.

From pay cuts and job loss to losing a loved one to the disease, the pandemic has taken a toll on employees' mental and physical health. One survey revealed that COVID-related anxiety has caused 65% of South Africans to neglect their health.

The need for companies to support their employees with mental health initiatives is more important than ever.

You also have the ability and responsibility to look after your mental health and wellbeing:

- Connect with people: good relationships are important for building a sense of belonging and self-worth
- Take care of your body: get enough sleep; exercise regularly; eat nutritious foods; and limit screen time, tobacco and alcohol
- Take care of your mind: make time to relax and recharge; keep to a regular routine and stay busy; focus on positive thoughts and draw strength from your spiritual life
- Address your stress before it becomes burnout: get help when you need it. While it might be hard to talk about your feelings, getting help is vital. Reach out to friends or family; Human Resources; healthcare providers; a trusted spiritual advisor; or the 24 hour, toll-free mental health helpline 0800 456 789



Fast Facts

- The COVID-19 pandemic has had a severe impact on mental health, which has had knock-on negative effects on physical health
- We can take positive action to look after our mental health and wellbeing
- One of the best things we can do is to get help when we need it. Reaching out to others is often difficult, but getting help is brave and has long-term benefits
- 24 hour helpline: 0800 456 789

Want to find out more?

WHO World Mental Health Report:

<https://www.who.int/publications/item/9789240049338>

Study: COVID-19 and mental health in South Africa:

<https://www.globalcitizen.org/en/content/covid-19-south-africa-mental-health-impact/>

Cost-free ways to care for your mental health:

<https://www.globalcitizen.org/en/content/ways-south-africans-take-care-of-mental-health/>

Ask Dr M

Do you still have questions?

Call us on

0800 24 36 72

or WhatsApp

082 735 4472



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