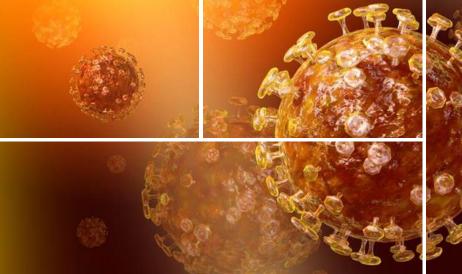
CORONAVIRUS (COVID-19): PROTECTING MENTAL WELLBEING

LIVE WEBINAR

Wednesday 8 April | 16:30 Auckland | 14:30 Sydney | 12:30 Singapore







AGENDA

- Update on COVID-19
- How changing security environment can affect wellbeing
- Psychological impact on individuals
- Ensuring mental risilience during a crisis
- Tips to stay healthy and productive whilst working from home
- Q&A

SPEAKERS



JAMES ROBERTSON Regional Security Director



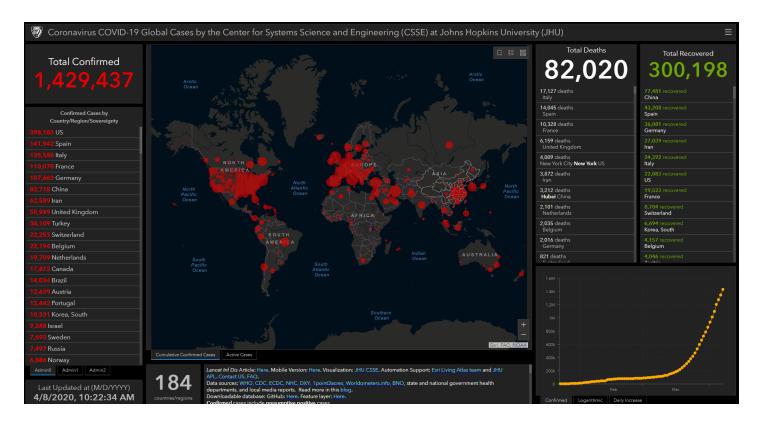
DR ANDREW EBRINGER Medical Director



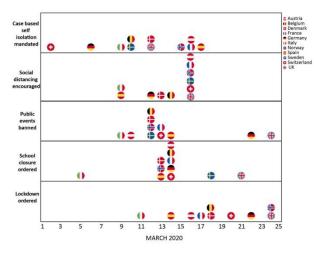
CLAIRE JOHNSON Senior Executive

GLOBAL UPDATE



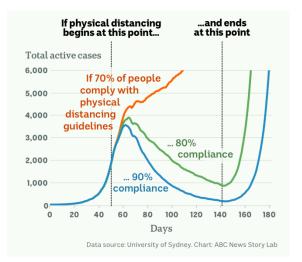


WHY IS SOCIAL DISTANCING SO IMPORTANT?



Strong social distancing measures to slow and suppress the spread of COVID-19 across Europe are estimated to have already averted up to 120,000 deaths.

Sources: https://www.abc.net.au/news/2020-03-25/coronavirus-covid-19-modelling-stay-home-chart/12084144 https://www.imperial.ac.uk/news/196556/coronavirus-measures-have-already-averted-120000/



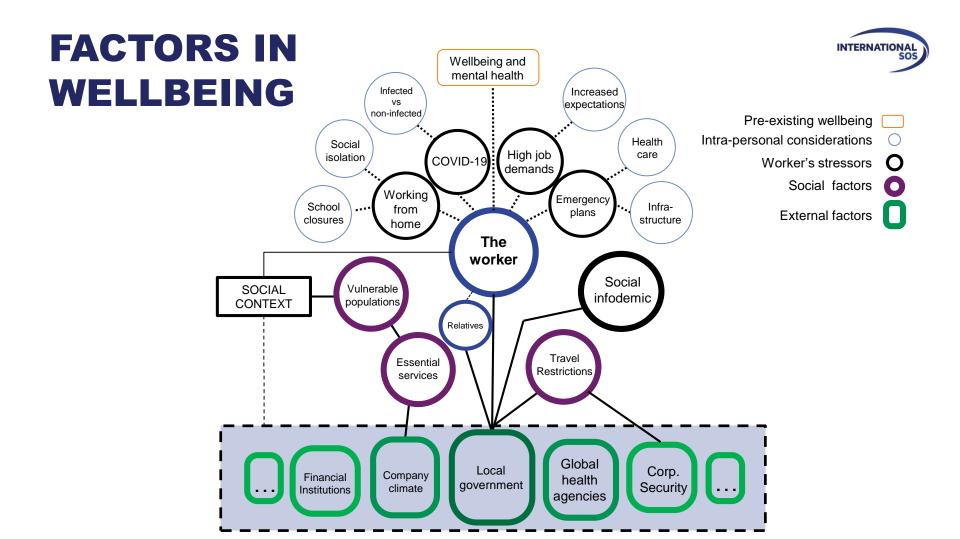
INTERNATIONAL

Coronavirus data shows why our isolation measures are here for the long haul. New modeling suggests Australians' physical isolation measures are working, but also reveals that removing them could be disastrous, unless other measures are in place to control the spread.



PROTECTING WELLBEING





SECURITY ISSUES

- Secondary security issues
 - Protests
 - Xenophobia
 - Shortages & unrest
- Uncertainty around security environment for expats & dependents standing fast abroad
- Tempo of security reporting



SOCIAL INFODEMIC

The Washington Post

Democracy Dies in Darkness

How misinformation on WhatsApp led to a mob killing in India



What was set to be an idyllic vacation for friends quickly turned violent — and illustrated how online misinformation can lead to dangerous consequences. (The Washington Post)



Coronavirus in Africa: Debunking fake news and myths around Covid-19

Share

As the Covid-19 pandemic continues, an outbreak of false information is spreading online.

Whether it's via WhatsApp messages of rogue Facebook posts, fake news always has a way of reaching people.

Keeping track of what's real and what's fake isn't always easy, so BBC Africa's Joice Etutu has debunked some of the most widely shared myths so you don't have to.



No.10 Press Office 🤣 @Number10press

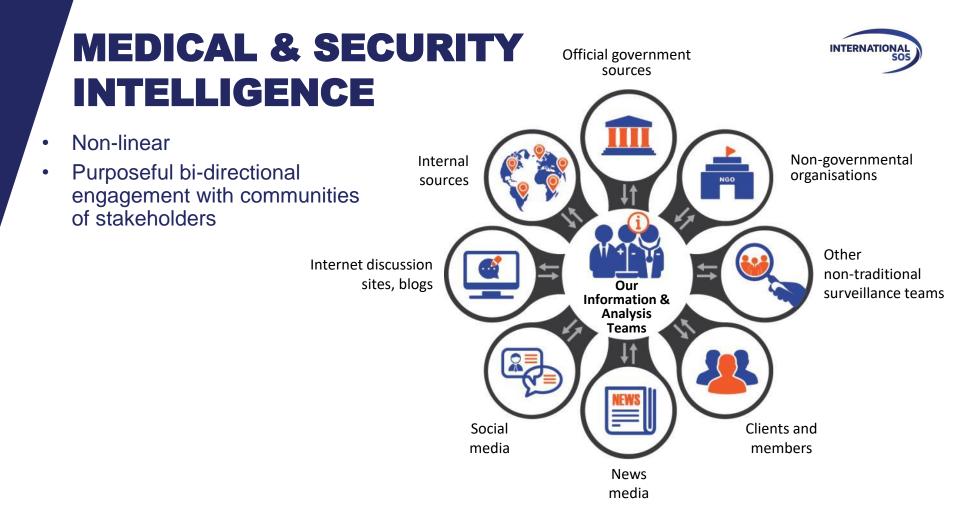
UK Government has sent out only one text message on new rules about staying at home to prevent the spread of #coronavirus (see below). If you see others claiming to be from UK Government, they are false.

Text Message

GOV.UK CORONAVIRUS ALERT New rules in force now: you must stay at home. More info & exemptions at <u>gov.uk/coronavirus</u> Stay at home. Protect the NHS. Save lives.

O 277	4:44 PM - Mar 25, 2020	(
O 302 people are talking about this		>





PSYCHOLOGICAL IMPACTS

Ensure mental health is part of your response plan

- Stress and anxiety
- Fake news
- Loneliness relating to quarantine measures
- Isolation due to social distancing measures
- Becoming trapped in a foreign location due to lockdown measures
- Health-related stigma / discrimination



and your life.

WORLWIDE REACH, MUMAN TOUCH



PROTECTING MENTAL WELLBEING

Ensuring mental resilience during a crisis

Tips for managers

- Be empathetic to the current situation, practice active listening
- Encourage positive communications and mindset within the team
- Build trust; focus on goals, not activity; avoid micromanagement
- Encourage the team to take care of their physical and mental wellbeing
- Take care of your own physical and mental wellbeing

Tips for team members

- Learn to accept your worries having an emotional reaction (be that anxiety, fear of contagion, anger or frustration) is normal
- Consider your information sources how credible and reliable is the information?
- Focus on what you can control think about what you can do to control the threat and protect yourself.
- Don't be afraid to ask for help or support



STAYING PRODUCTIVE AT HOME

BUILD A HEALTHY DAILY ROUTINE

Work from home does not mean that you have to be "on" all the time. Build habits that help you maintain a sense of normalcy.



STAYING PRODUCTIVE AT HOME

TAKE CARE OF YOUR PHYSICAL & MENTAL WELLBEING

Change of work environment often causes stress and anxiety. A healthy body and mind will keep you productive during this period.

05 **STAY ACTIVE**. EXERCISE WHENEVER POSSIBLE.



MAINTAIN BREAKFAST/ LUNCH SCHEDULE. DON'T SKIP MEALS



06 SET YOUR DESK & CHAIR AT OPTIMAL HEIGHT FOR A HEALTHY POSTURE

08 **STAY POSITIVE.** WE ARE IN THIS TOGETHER

STAYING PRODUCTIVE AT HOME

STAY CONNECTED WITH YOUR TEAM

It's easy to feel lonely while working from home. Stay connected with your team to maintain your motivation.



& 'COFFEE BREAKS'

USE **VIDEO** CAPABILITIES DURING MEETINGS KEEP YOUR TEAM INFORMED ABOUT YOUR PRIORITY & WORK PROGRESS. OVERCOMMUNICATE IF NEEDED.

11

12



ENSURE YOU HAVE ALL THE **TOOLS & ACCESSES** REQUIRED TO COMPLETE TASKS REMOTELY

IF WE COULD ADD A 13TH TIP

BUILD A HEALTHY ROUTINE

Working from home does not mean that you have to be "on" all the time. Build habits that help you maintain a sense of normalcy.



ESTABLISH A REGULAR BEDTIME ROUTINE BY GOING TO BED AND WAKING UP AT THE SAME TIME DAILY.

SWITCH OFF TECH BEFORE SLEEP & REMOVE FROM THE BEDROOM.

GET ENOUGH HOURS OF SLEEP.





Q&A NOW OPEN

INTERNATIONAL

SO

THANK YOU FOR ATTENDING

INTERNATIONAL

You can visit the International SOS pandemic site at: HTTPS://WWW.INTERNATIONALSOS.COM/CORONAVIRUS