

NEW ANNOUNCEMENT

COVID-19 LOCKDOWN ONLINE THERAPY

The UKZN Psychology Masters students and staff have answered the call during this trying time! We are Offering Free Online Support over 3 sessions for Individual counselling, group Support and support for Health care Workers over the Zoom Platform! Contact the following if you or anyone you know needs our help:

Doreen Hattingh: hattinghd@ukzn.ac.za
Whatsapp: 078 512 1959
GoogleSign Up Doc: bit.ly/UKZNpsych



Alternatively scan the QR code to the right

We are here for you!

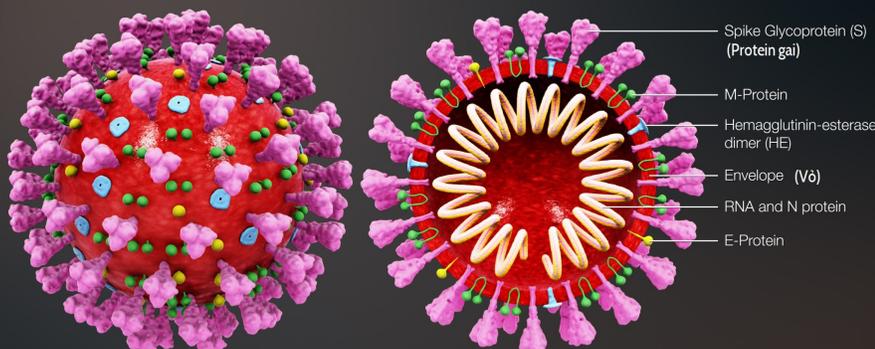
INTRODUCING THE MASTERS STUDENTS OF 2020

This is a time when we as a global population will see our adaptive capacity to change and adjust our lives. The ability to problem solve and use judgement will be tested. Finding ways to traverse restricted working conditions using online options such as Skype, Zoom and Whatsapp are one challenge. Maintaining a high productivity and work motivation when working from home is another. Forming daily routines will help with this. Setting up workstations with few distractions but separating this from your leisure area helps as well.

Following from this, routines in daily living are just as important as work routines. Making sure you navigate around restrictions with shopping, exercising and other personal care tasks are very important. Including such routines as practices of frequent hand and surface sanitizing is also crucial.

Third is linked to the fact that we are social beings that, in our unique ways, need social interaction for our own well-being. Remember wellness is social amongst other types such as physical and mental. With the issues of self-isolation and being recommended to stay at home, finding solutions to this lack of social stimulation becomes another challenge. We advise to look towards options of staying in touch with friends over social media or telephonically to ensure you find a balance in this very restrictive time.

THE CORONA VIRUS (COVID-19)



2020 has started on a startling note but it has been addressed by our government thoroughly. As a country, we need to watch our social contact and sanitation. What does this mean for our minds and psychology?

MYTHS VERSUS FACTS ABOUT COVID-19

- Regardless of climate, adopt protective measures if you live in, or travel to an area reporting COVID-19.
- To date there has been no information nor evidence to suggest that the new coronavirus could be transmitted by mosquitoes
- Hand dryers are not effective in killing the COVID-19. To protect yourself against the new coronavirus, you should frequently clean your hands with an alcohol-based hand rub or wash them with soap and water
- There is no evidence that regularly rinsing the nose with saline has protected people from infection with the new coronavirus.
- The new coronavirus is a virus and, therefore, antibiotics should not be used as a means of prevention or treatment.
- To date, there is no specific medicine recommended to prevent or treat the new coronavirus

What to do if I suspect I have it?

If you are sick and think you have symptoms of COVID-19, seek medical attention. If you want to talk to someone about your symptoms first call the Coronavirus Health Information Line for advice: 0800029999

To seek medical help from a doctor or hospital, call ahead of time to book an appointment.

You will be asked to take precautions when you attend for treatment. Follow the instructions you are given.

If you have a mask, wear it to protect others. Stay at least 1.5 metres away from other people. Cover your coughs or sneezes with your elbow.

This Month's Topic:

Managing Anxiety in Times of Crisis

Anxiety compromises the immune system:

Stress and anxiety have a negative effect on our immune systems by lowering them and subsequently lowering their chances to defend us against infections such as the Corona virus and flu. Give your body the fighting chance it needs to fight the virus by minimizing your stress.

There are going to be many reasons in the media to lead to panic but remember to separate fact from fiction before settling for what you hear or read. It is a hard enough time without sensationalism exacerbating everything.

Dormancy Period:

The Corona Virus has a two week dormancy period where you would need to monitor yourself for any symptoms. As mentioned above, stress can run down the body's resources and make you susceptible to flu or just feel drained and energy-depleted in general. These symptoms can easily be mistaken for symptoms of the Corona virus. Thus, stress can make you present with symptoms of the virus which may make people jump to premature conclusions of being infected. Alternatively, misinterpreting the common flu as a reason for stress and panic may actually heighten your risk of catching the virus through depleting the resources of your immune system. Stay calm and try look for actual signs of the virus. Consult the Corona virus hotline if you are not sure, listed on the left.

Panic and Impulsivity

People are seen to be rushing to buy as much as they can as quickly as possible in preparation for long-term quarantine and isolation. Rushing in an emergency state to busy shopping centres during peak hours increases the risk of contracting the virus instead of the intended effect of trying to reduce the risk of and prevent contraction of the virus. Keep your emotions calm.



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Reach Out!

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