



# MENTAL RESILIENCE

## While Working From Home

The change of work environment and arrangement often comes with stress and anxiety. Check below for advice on how to maintain your mental resilience during this testing time.

### KNOW YOUR STRESS



#### Normal responses to stress

- Anger
- Aggression
- Helplessness
- Despair
- Anxiety
- Shock
- Depression
- Moodiness
- Suspicion
- Avoidance

These are normal responses to stress during the time of crisis.

#### Signs of extreme stress

- Extreme fatigue
- Irregular sleep pattern
- Dizziness
- Feeling of distrust/suspicion
- Emotional outbursts
- Unable to focus
- Compulsive tendencies
- Lack of appetite
- Feeling of shame/guilt
- Stomach pains

Manage your stress to prevent it from becoming extreme and disrupting your personal life and work.



### Your brain under stress



Fight-or-flight is an automatic response to threats that allows you to react quickly without thinking.



Fight-or-flight is activated by the release of stress hormones, triggered by strong emotions like fear & anger.



Fight-or-flight response can override rational thoughts and behaviors, leading to the feeling of guilt and shame afterward.

## BUILD YOUR IMMUNITY



### Psychological Immunity



Acknowledge your own emotions and those of others



Use rational thinking to respond to your stress-related emotions



Seek professional help should you experience any extreme stress behaviors



Practice relaxation and breathing exercises such as meditation



Keep a daily journal of your emotions to identify negative thoughts



Nurture positivity by expressing gratitude and kindness to others



Talk to people you trust, stay connected to your loved ones



### Knowledge Immunity



Learn about COVID-19 from trusted official organisations



Follow daily updates from local official news platforms



Be selective in your information intakes. Avoid reading from untrusted sources



Inform yourself about required public prevention measures



Comply with the safety measures of your office during this pandemic



Refrain from sharing unproven conspiracies, rumors and false news



### Physical Immunity



Maintain healthy eating habits with balanced nutrition



Stay active throughout the day with indoor exercise



Maintain regular sleep cycle. Have at least 7 hours of sleep every day



Rest your mind. Good mental health helps improve physical health



Have good indoor ventilation and get at least 5 - 15 minutes of sunshine a day