TALKING ABOUT COVID-19 AND MENTAL HEALTH
Hi my name is Taku. I'm here to talk to you about mental health.

Some people think this means mad or crazy people, but it doesn't.
It means staying healthy
FEELING GOOD IN YOUR MIND AND HEART

There are a lot of things that can make your life difficult especially in times like this where Covid-19 is changing the way we live.
It's important to know that a lot of people worry. But there are things you can do to help yourself and others cope. So, what are some of these things you might experience?
During hard times you might feel anxiety, which is when someone worries a lot.

You might feel depressed, which is when a person feels very sad and hopeless.

When depression is severe it can lead to thoughts of suicide.
If you experience threats or violence, it can cause fear and worry that the threat might happen to you again.
You might worry that COVID-19 is a threat to your life or to someone you love which can result in these feelings.

Depression, anxiety, fear, and worry can mean you don’t enjoy life, or that you have a poor concentration, or feel irritable and angry.

These problems can also cause you to feel physically unwell, including having fast breathing, a pounding heart, poor sleep, poor appetite, and headaches.
In stressful situations, violence or abuse may increase in homes and in families.

Abuse of any kind is not OK.

You need to get help from a trusted person no matter what the person doing the abusing says.
You might be tempted to use substances like alcohol or drugs thinking they will help you cope with difficult feelings. Even though they may seem like they help in the moment, they actually decrease your ability to cope with stress and make anxiety worse.
Violence
Poor decision-making
Risk-taking behaviour

So, it is very important to take care of yourself at times like this.
Here are some things you can do to help support your mental health:

Find someone to talk to about how you are feeling.

Putting your thoughts into words and having someone understand can really help.
Exercise, even if you can't go out for a walk do what you can in the house.

Try jogging on the spot or doing exercises like...

...squats or sit-ups.
It helps to do this with someone else so you can encourage each other.

Eat well...

Get enough sleep.

Taking care of our bodies also helps our minds.
Focus on the things that are in your control.

There are always things you can control and things you can’t.
Focusing on the things you can't change will only make you feel stressed.

Think about the things you can do and do them. You'll see that you aren't completely helpless.
Give yourself a break from the worry.

Do things that take your mind off your problems even for a little while.

This could be watching TV.
DO THINGS THAT CREATE CHANGE

MAKE A LIST OF THINGS THAT HELP YOU GET YOUR MIND OFF YOUR WORRIES AND TRY TO DO SOMETHING EVERYDAY.

THIS CAN BE CHANGING THE PROBLEM OR THE WAY YOU SEE IT.

THIS MIGHT INCLUDE TALKING IT OVER WITH A TRUSTED PERSON.
Writing a journal to express your thoughts...

...or listening to music and singing can change how you feel.

Singing together with others in your household can also help a lot.

Spending time in prayer.
1. You can also try to calm your body and mind through a breathing exercise.

2. Sit comfortably and focus on your breathing.

3. Breath in slowly and deeply counting to four, hold your breath counting to four, and then breathe out counting to four.

4. Do this over and over for a few minutes. It should make you feel calmer.

Practice this everyday even when you aren’t feeling very stressed. You could share these ideas with people you love, it might help them too.

And remember it is more important now more than ever to take care of your body and your mind to stay healthy and happy.
HAPPY

HEALTHY
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