




University of Peshawar



**YOUR WELL
BEING
DURING
COVID-19**



It is likely that you are facing many new demands. You may have longer working hours, without adequate resources or protection • have to deal with COVID-19-related stigma and discrimination • fear for your own and loved ones' safety and well-being • be confronted with illness, suffering or death • have to care for family members or be in quarantine, or • find that the stories of those you help remain with you after work.

Many people will feel stressed and exhausted while working in the COVID-19 response. This is natural given the difficult demands.

Looking after yourself and team members while working in the COVID-19 response is not a luxury, it is a responsibility. This section is about how you can best look after yourself, for your own well-being and to best help others. **There is no response without You.** You are an essential part of the COVID-19 response. It can feel rewarding to know that you are making a difference. Can you identify your own signs of stress? Think of three things you can regularly do to support your well-being.

Looking after yourself

Try as far as possible to act on some of the suggestions below to help you manage stress on a daily basis. Choose those that work best for you personally. If you do not manage to do this one day, be kind to yourself and try again the next day.

4. Everyone reacts differently to stress. You may experience some of the following:

physical symptoms: headaches, difficulty sleeping and eating•
behavioral symptoms:

Low motivation to work, increased use of alcohol or drugs, disengaging from religious/spiritual practices•
emotional symptoms: fear, sadness, anger.




1 Stay up to date with accurate information about COVID-19 and follow safety measures to prevent infection. Take “breaks” from COVID-19 media when needed.

2 Eat well, get enough sleep and exercise physically every day.

3 Do an activity you enjoy or find meaningful every day (e.g. art, reading, prayers, talking to a friend).

5 Talk to your manager, supervisor or colleagues about your well-being at work, particularly if you are worried about working in the COVID-19 response.




In the same way that a car needs fuel to drive, you need to look after yourself and keep your tank “full” so you can keep going. Helping in the COVID-19 response is a long-distance race, not a sprint, so pay attention daily to your well-being.


6. ■ Establish daily routines and stick to them.

7. ■ Minimize your use of alcohol, drugs, caffeine or nicotine. These might seem to help in the short term, but they can lead to lower mood, anxiety, difficulty sleeping and even aggression as the effects wear off. If you are consuming too much of any of these substances, you can cut down by reducing the amount available in your house and finding other ways to manage stress, such as those mentioned here.

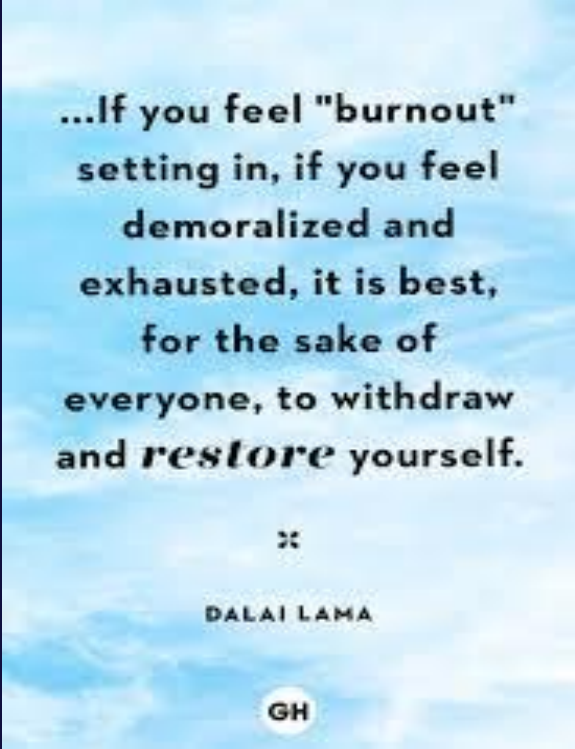
8. ■ Be realistic about what you can and cannot control.



9. Try an activity to relax – see what works for you. You may already have some activities you use now or have used in the past. You can also try, slow breathing. (Take five minutes out of your day to talk to a friend, family member or other trusted person about how you are feeling. If you are feeling powerless to help others, it can be helpful to identify those problems you can do something about and those you cannot. Forgive and be gentle with yourself if you are unable to help in a particular situation.



10. At the end of each day, make a short list (in your head or on paper) of ways you were able to help others or things you are grateful for, such as "I helped by being kind to someone who was upset" or "I'm grateful for support from my friend"



...If you feel "burnout"
setting in, if you feel
demoralized and
exhausted, it is best,
for the sake of
everyone, to withdraw
and *restore* yourself.

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