



# COVID-19 UPDATES

## Caring for Ourselves



In the course of your work during this period, you will likely be repeatedly exposed to higher-than-normal stress. This may accumulate and have an emotional toll on you.



Most individuals are resilient and experience mild or transient stress reactions that are short-lived. These reactions become problematic when you find yourself **unable to turn it off; it lasts too long; or it interferes with your daily life.**

To help you monitor your well-being during this period, below are a few common reactions to look out for:



You may not want to leave even when your work is finished/your shift has ended

You will likely try to override stress and fatigue with dedication and commitment

You may deny the need for rest and recovery time

You may experience sadness, grief, anger, preoccupation with worries

### What can I do for my own self-care?



Limit your exposure to distressing news stories

Practice mindfulness and focus on positive news stories



Maintain a positive and optimistic outlook by focusing on positive things and activities



Exercise, maintain a healthy diet, and get sufficient rest

Maintain your daily routine where possible



Share your concerns with others

Find comfort in your spiritual and personal beliefs

Operational Psychology Branch

If you require additional support, please contact us at 65469500 or [PRIS\\_MR@PRIS.GOV.SG](mailto:PRIS_MR@PRIS.GOV.SG)



Get the latest on the COVID-19 and other important Government information by signing up for the Gov.sg WhatsApp channel ([www.go.gov.sg/whatsapp](https://www.go.gov.sg/whatsapp)), or at the MOH website ([www.moh.gov.sg](https://www.moh.gov.sg))