



COVID-19 UPDATES

Monitoring Stress Reactions to COVID-19

How COVID-19 could affect our mental health

1. Continuous stream of bad news

News of infections and its spread dominate our news, social media, and daily conversations.



2. Rapid changes and increased complexities in daily life

Our work, family, and social routines are undergoing multiple changes which require us to adapt constantly.

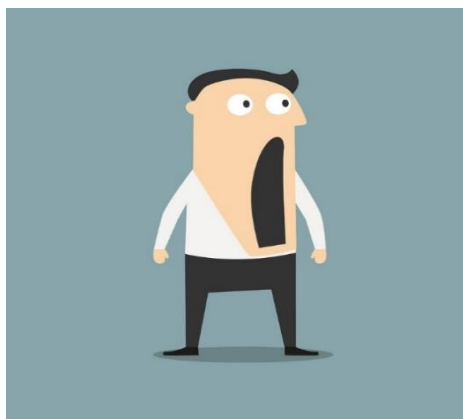


3. Less human connection

As efforts to keep the community safe become more extensive, we may have reduced social connections.



Hence, we may face these common stress reactions



- Anxiety, worry, or panic
- Restlessness or agitation
- Feeling stressed or overwhelmed
- Hyper-vigilance to our health and body
- Difficulty concentrating or sleeping
- Feeling disconnected from others
- Recurrent negative thoughts

These experiences are understandable in the face of these circumstances. We are naturally concerned for ourselves and our loved ones. Being aware of our reactions and coping effectively can help us reduce stress and manage the situation well.

Learn strategies to manage stress reactions in our upcoming broadcast!



Operational Psychology Branch

If you require additional support, please contact us at 65469500 or 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), or at the MOH website (www.moh.gov.sg)