



## A student COVID-19 Self-Care/Mental Health guideline


As the threat posed by Covid-19 continues to build, the rapid pace of change and the new, unfamiliar behaviours we are expected to adopt can feel overwhelming. **"These are challenging times, which can play on our minds. Yet our minds are the most important tool we have to make choices and decisions for how we can cope"** (Sieger, 2020).



**Accepting the circle of what YOU CAN control.**  
What are you focusing on? YOU CAN focus on?  
How are you reacting to what you feel?


This is an opportunity for **GROWTH** and to reimagine **SUCCESS**. It is a time to build good habits and break bad ones.






Be open to re-establishing your **ROUTINE**.


Maintain virtual **SOCIAL CONTACT** with family, friends and classmates/colleagues.

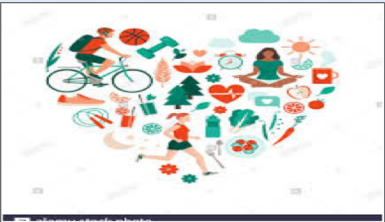




**SPRING CLEAN** your goals and get clear about your own fears.

Create a **FEELINGS HOUR**  
- Either a venting hour or happy hour  
- Give yourself permission to cry/laugh/dance/sing





**BE CREATIVE**  
Journaling your feelings; writing poetry; reading; undertaking creative activities (drawing, colouring, artwork, at-home physical exercise routines, listening to music, taking up a new hobby), these are all useful activities to engage in



### Find **CALM** and **NOURISH RESILIENCE**

Practice mindfulness and staying present in the now through meditation

**LIMIT** how often and through what means you access the news and information



### Create a **PANDEMIC OF LOVE AND KINDNESS**

Show compassion, empathy and create a sense of community

When all else fails, **ASK YOURSELF**

**"What do I need in this moment?"**

#### **REFLECT ON**

**Wish** – what is your wish or hope right now?

**Outcome** – what is the ideal outcome?

**Obstacle** – what might be getting in your way?

**Plan** – what is one action you will take?



### **BE KIND TO YOURSELF**

**ACKNOWLEDGE YOUR FEELINGS.** If you are overwhelmed, please call:

**Wits Student Crisis Line 0800 111 331 (Tollfree 24/7/365)**

or

**For OSS telephonic or online counselling** contact

Ms Anelisa Mofakeng ([Anelisa.Mofakeng1@wits.ac.za](mailto:Anelisa.Mofakeng1@wits.ac.za)) or

Mrs Kasturi Naidoo ([Kasturi.Naidoo@wits.ac.za](mailto:Kasturi.Naidoo@wits.ac.za))

