



# Self Care

DURING PANDEMIC COVID19

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# INTRODUCTION

## COVID19 & MENTAL HEALTH

"Fear, worry, and stress are normal responses to perceived or real threats, and at times when we are faced with uncertainty or the unknown. So it is normal and understandable that people are experiencing fear in the context of the COVID-19 pandemic"

(World Health Organization, 2020)

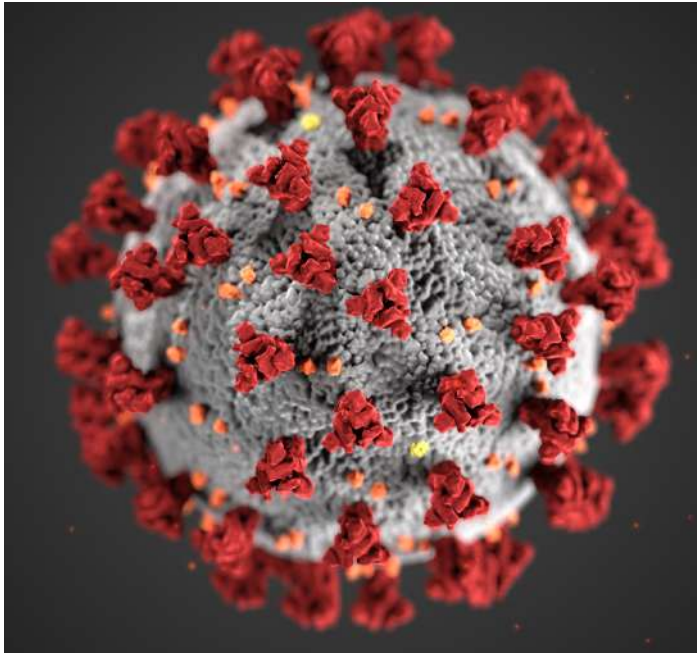
CCSC is committed to support healthy well being so that people could keep growing positively. COVID19 gives us challenges to remain physically and mentally strong regardless new changes happened within our surrounding. Therefore, this book offers simple guidelines for community to do practical self care with hope everyone stay safe, stay strong and stay positive to beat the COVID19.



# WHAT IS COVID19







# WHAT IS COVID-19

## DETAILS ➤

COVID-19 is the disease caused by a new coronavirus called SARS-CoV-2. WHO first learned of this new virus on 31 December 2019, following a report of a cluster of cases of 'viral pneumonia' in Wuhan, People's Republic of China.

# THE SYMPTOMS

Other symptoms that are less common and may affect some patients include:

Loss of taste or smell,  
Nasal congestion,  
Conjunctivitis (red eyes)  
Sore throat,  
Headache,  
Muscle or joint pain,  
Different types of skin rash,  
Nausea or vomiting,  
Diarrhea,  
Chills or dizziness.

**Common Covid-19 symptoms**

- FEVER OVER 38°C (more than three days)
- COUGH
- SHORTNESS OF BREATH

**Some may also experience:**

- DIFFICULTY BREATHING
- SORE THROAT
- NASAL CONGESTION
- ACHES AND PAINS
- RUNNY NOSE
- DIARRHOEA

**Get medical help if you:**

- > Experience the above symptoms
- > Had close contact with a Covid-19 positive patient
- > Travelled to an affected country

Source : World Health Organisation (WHO)  
Graphic by : The STAR ( Izudin Ismail)

On average it takes 5–6 days from when someone is infected with the virus for symptoms to show, however it can take up to 14 days.



"Do not allow your heart to take pleasure

*pleasure*

Nor be saddened by their condemnation"  
Al-Ghazali

**55,349,529**

**Confirmed cases World wide**

**1,332,328**

**Confirmed deaths**

**219**

**Countries, areas or territories with cases**

*Data : As of 17th Nov 2020  
Source : World Health Organisation (WHO)*

**48,520**



**TOTAL CONFIRMED  
CASES I N MALAYSIA**

**TOTAL DEATH CASES  
I N MALAYSIA**

**313**

*Data : As of 17th Nov 2020  
Source : Majlis Keselamatan Negara*

# 5

# prevention tips

Always wash hands with soap or hand sanitizer and make sure it always clean after touching something (especially at public areas).



Cover cough and sneezes with a tissue, then throw the tissue away.



Wear face mask if you are at public area.



Avoid close physical contact with people who are sick



Avoid touching your eyes, nose and mouth with unwashed hands.



# GET FIT

## *How to fit activity into your life*

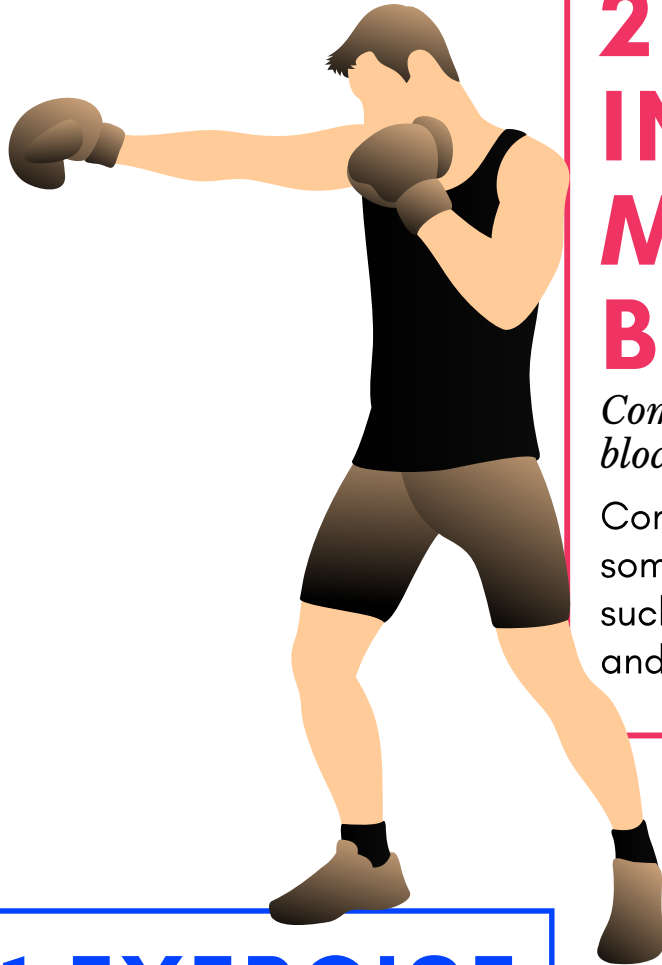
Not everyone has a routine. Every day can be different. So while you might have a block of time on some days, on others it might only be short and intermittent, squeezed around other activities.

Whatever the day brings, here are some suggestions you can try.



# get fit

*during Conditional Movement Control Order (CMCO)*



## 2. SQUEEZE IN 5-30 MINUTE BLOCKS

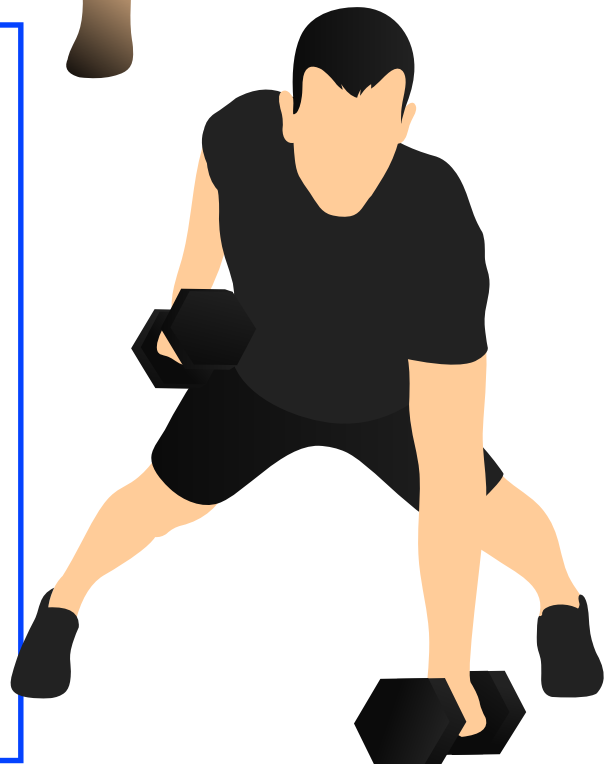
*Combine activities in your  
block session*

Combine physical activity with something you already do, such as doing household chores and work from home activities

## 1. EXERCISE IN A BLOCK SESSION

*the idea of a half-hour or hour-long  
exercise session rather than  
incidental exercise*

You will need to be organised, especially if you're working around family commitments and other activities



# Exercise



Try exercising early in the morning before you get busy. If you're a morning person, set the alarm and get yourself going. If you struggle in the mornings, allow yourself to try at least two days of early exercise. You might surprise yourself if you enjoy it, and keep it up!



Schedule your exercise session in your diary or calendar. When it's already in your diary, you're more likely to plan other things around it.

## in a block session



Most importantly, choose an exercise that you really enjoy. Get simple and practical. For example push up, sit up, plank and etc (can refer to YouTube video on more workout tips )



Be consistent with the activities

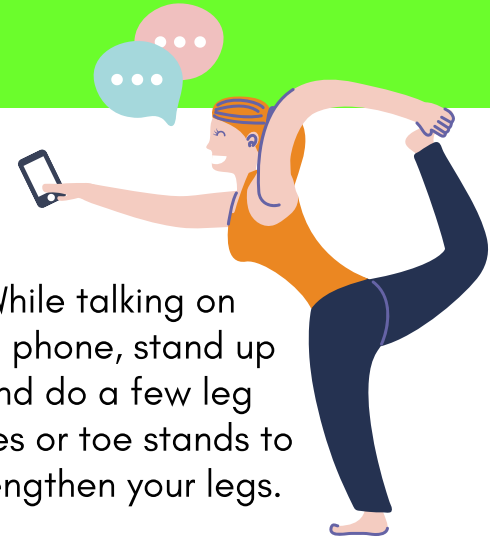


Commit to exercise with someone else (your partner, housemate or friends). It's much harder to cancel when you feel you're letting someone down.

# Combine



While waiting in line during shopping for basic needs, balance on one foot for a few seconds, then the other. Gradually build up the length of time you can balance.



While talking on the phone, stand up and do a few leg raises or toe stands to strengthen your legs.

# exercise &



Instead of using machine go hand wash.

When you brush your teeth, do 10 squats.



# daily activities



While waiting for the kettle to boil, do a few wall push-ups or calf stretches.



While watching television, do stretches and core exercises, or pedal a stationary bike or maybe try to do 20 crunches and 20 push-ups.



# **RELAXATION TECHNIQUE**

# Relaxation Technique

*Deep Breathing & Progressive Muscle Relaxation*



**To activate your body's relaxation response**



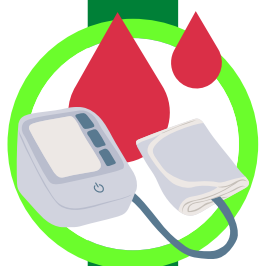
**Balancing your body and mind**



**Help you to slow down your heart rate**



**Help you to cope with stress**



**Lower down your blood pressure**



**The techniques are practical and easy to follow**



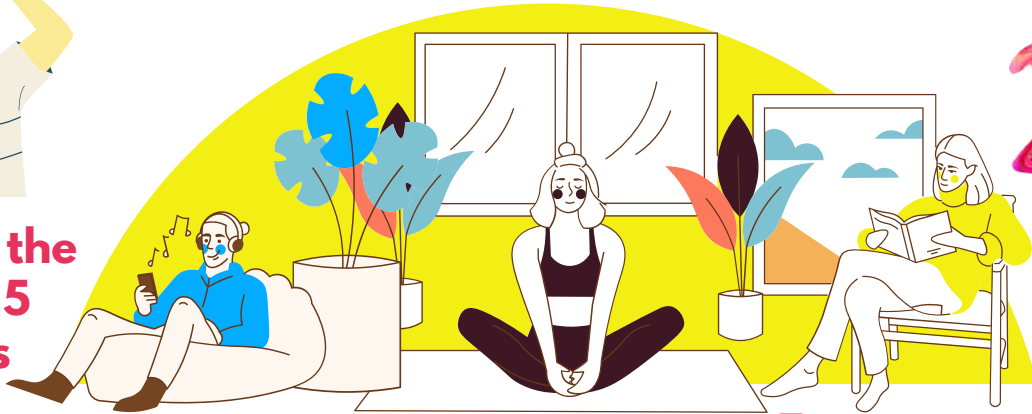


Sit in comfortable position

Repeat



Repeat the cycle 5 times



Close your eyes

# Deep Breathing Techniques



Breath out slowly through your mouth



Breath in slowly & count to 5



Feel your belly fill in with air



"Ups n downs are normal.. but keep moving is awesome!"

"Don't wish it were easier Wish you were better"



## Eyes

Close and squeeze your eyes hard.

## Forehead

Scrunch up your head like you thinking hard. Squeeze it tighter and tighter!

## Cheek

Make your cheek bigger as if it full of food.

## Mouth

Imagine you are chewing a big piece of gum.

## Arms

Straighten your arm and stay stiff.

## Shoulder

Touch your shoulder blade together and squeeze tighter.

## Legs

Straighten your leg as straight as you can.

## Lower Back

Sit up super straight.

## Feet

Push your feet on the ground as hard as you can.

## Toes

Pretend that you are the beach and squeeze your toes in the sand.

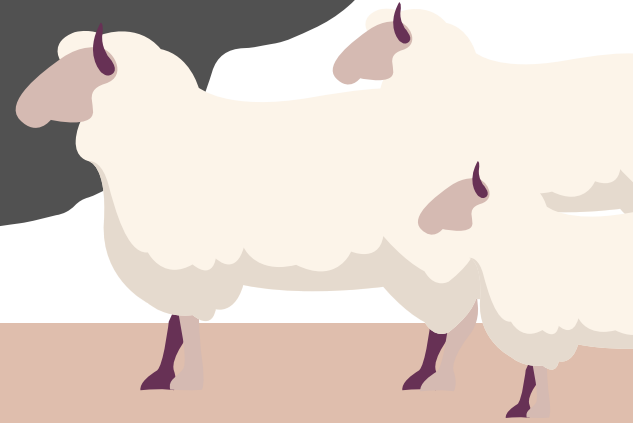
# PROGRESSIVE MUSCLE RELAXATION

RELAX

# 10

SECOND EVERY TIME  
YOU FINISH EACH STEP

# Getting a good night sleep during the pandemic.



Source: <https://www.sleephealthfoundation.org.au/getting-good-sleep-during-the-covid-19-pandemic.html>

## *Limit media exposure*

Be sensible on what learn about Covid 19 through media.

## *Take time to unwind*

Spend some time with activities that detach yourself from things related Covid 19

## *Take care of your body & mind*

Keep active and be mindful

## *Cope with fatigue*

Find your coping strategies to manage the effect of sleep problem

## *Bed is only for sleep*

Avoid from doing other activities such as study or watching movies on your bed

## *Keep your regular sleep routine*

Sleep and wake up at the same time for every day.

## *Don't force yourself to sleep*

Just relax, go with the flow and sleep

" Make every day count.  
There is always  
*something*  
to learn,  
unlearn and relearn."



A spiral-bound notebook with a pink rose branch and a wooden mallet resting on it. The notebook is open, showing a white page. The rose branch has several green leaves and three pink flowers with yellow centers. The wooden mallet is positioned horizontally across the bottom left of the page.

# **PSYCHOLOGICAL FIRST AID (PFA)**

PFA is conducted to fulfill the basic needs of the affected person involving the needs of practical assistance, emotional support and relation with significant ones, adequate information and services. PFA for helpers is for them to be able to get ready to assist and acquire related skills and resources to support the survivors.



# WHO?

- To assist the affected individuals to feel safe, composed, have faith and relate to others
- To rejuvenate a sense of regulation among the victims to assist themselves further
- To allow an opportunity to get psycho-social support for long term planning.

# WHY?

- To anyone who is overwhelmed and emotionally disturbed with the traumatic events due to aftermath disaster
- To anyone including children, adolescents, adult, senior citizen, women, people with mental disorder or people with chronic health concern who require psychological assistance
- To anyone with fatal injuries, severely distress and those who would hurt himself/herself & threaten others



# WHEN?

- To reach out the distressed individual right after the distressing event or could meet him/her few days or weeks after the following major natural disaster occurred if the distress is still exist



# WHERE?



- To be conducted at place safe for both the client and helper, with privacy (if possible) to maintain confidentiality and dignity for protection purposes

# PREPARE



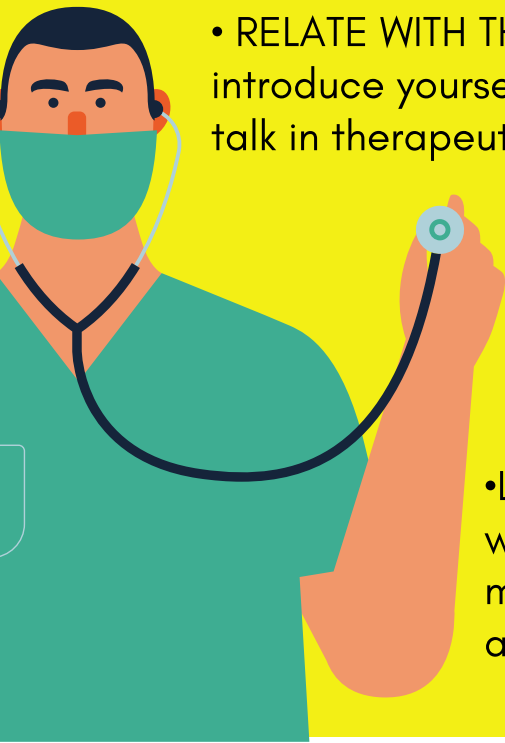
- Learn about the crisis situation: What happened, where, when, how many & who are affected
- Learn about services and supports accessible: Basic needs provider, when & how to access, who is involved in the help
- Learn about safety and security aspect: Period of crisis (ends or ongoing), type of dangers involved, other safe places to go

# LOOK



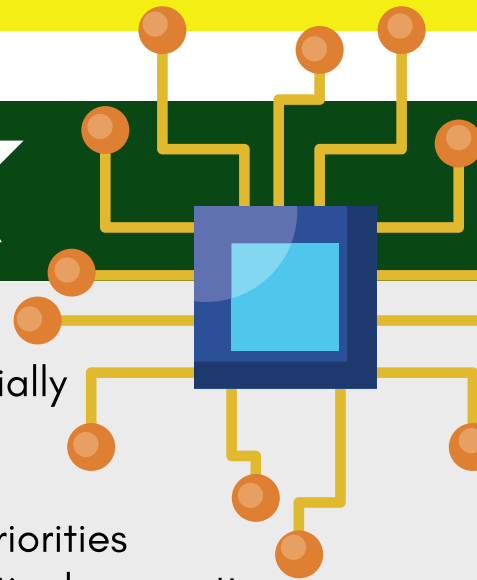
- Observe for safety/protection : What kind of dangers exist? It is harmful to you and others?
- Observe for people who might need urgent basic needs: Is there anyone injured or in need of rescue, obvious needs and services/ protection?
- Observe for people with serious distress reactions: How many & where is their location? Do they immobile or in shock?

# LISTEN



- **RELATE WITH THOSE WHO MAY NEED SUPPORT** : Approach respectfully, introduce yourself, help them feel comfortable, try to keep them safe and talk in therapeutic way.
- **ASK ABOUT THE NEEDS AND ISSUES**: Often ask about their obvious needs, explore their priorities (i.e. what's most crucial to them)
- **LISTEN TO PEOPLE AND HELP THEM FEEL CALM**: Stay with them, wait patiently until the talk (use soft voice & maintain eye contact) , listen, calm them down, give them assurance and accompany them whenever possible

# LINK



- **ASSIST PEOPLE ACQUIRE BASIC NEEDS AND SERVICES**: identify their needs and services available for them; especially the needs from vulnerable people. Try to do follow up.
- **ASSIST PEOPLE TO COPE WITH THE ISSUES**: List out the priorities together, explore support available for them, provide practical suggestion for their needs, assist them to recall their previous coping mechanisms and what can they do at present to go through with the situation
- **PROVIDE THEM WITH INFORMATION**: Share information on what you know, tell accurate information and keep updated.
- **LINK THEM WITH LOVED ONES AND SOCIAL SUPPORT**: Support is the key to recovery, support can be from the family members or close contact

Source: World Health Organization. (2011). *Psychological first aid: Guide for field workers*. Retrieved from: [https://apps.who.int/iris/bitstream/handle/10665/44615/9789241548205\\_eng.pdf?sequence=1](https://apps.who.int/iris/bitstream/handle/10665/44615/9789241548205_eng.pdf?sequence=1)



# SOCIAL

Talking to someone with mental health concerns may give big impact to their well being. A small talk regarding mental health has power to initiate positive transformation. Are you concerned about your friends? Let's help them out with some wisdom and helpful words.

P/s: Take the talk seriously. Listen and reflect. Avoid giving solution or try to solve their issues.

# what's help



# what's hurt

"I may not be able to understand exactly how you feel, but I care about you and want to help"

"You might not believe it now, but the way you're feeling will change"

You are not alone in this. I'm for you. We will get through this together"

"Talk to me. I'm listening"

"Would you like to talk?"

"What does it feel like?"

"How can I help?"

"It sounds like you're anxious about it. Would talking it through help"

"That's okay. I'm here if you want to talk about it"

"It sounds like things are tough right now. Would you like to talk about it?"

"It must be extra difficult right now. Is there anything I can do to help?"

"We all go through times like this"

"Just snap out of it. Look on the bright side"

"You'll be fine. Stop worrying. Shouldn't you be better by now"

"Here's my advice"

"Just ignore it. It will go eventually"

"you are just being emotional"

"Just try not to worry about it"

"It's not a big deal, there's no need to worry about it"

"You'll be fine"

"Everyone is struggling. Not just you"

"There are bigger things to worry about right now"



A photograph of a white coffee cup with a latte art design on a wooden coaster, a small glass vase with a green plant, and a wooden spoon on a white marble surface. The scene is brightly lit, suggesting a window nearby.

# MIND FULL NESS

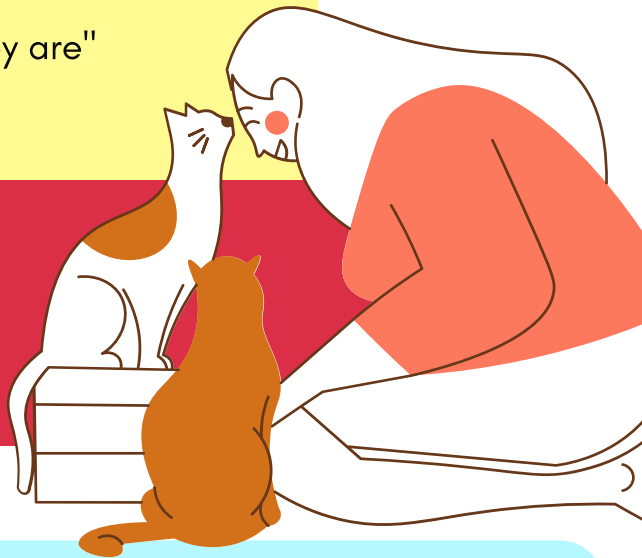
If you're feeling extra anxiety these days due to the Covid-19 coronavirus, you're not alone. This pandemic has us all facing more stress and uncertainty than usual. By taking simple, mindful breaks, we can become more aware of our thoughts, emotions, and habits, which brings the clarity we need in order to choose how we spend our days.



Before you get out of bed:

1. Sit in a comfortable position
2. Take 10 breaths, with thoughts below:
  - Inhale: "May I accept things the way they are"
  - Exhale: "May I be at peace"
  - Inhale: "May I accept things the way they are"
  - Exhale: "May I be at peace"

## early morning compassion



1. This is a place for alone time (i.e. no one can bother you while you are there!)
2. When you sit in your Mindful Corner, practice Square Breathing (10 times or set a timer)
3. Imagine a square:
  - Inhale as you go across the top of the square
  - Hold your breath as you go down the right side
  - Exhale as you go across the bottom
  - Hold your breath as you go up to the left side of the square



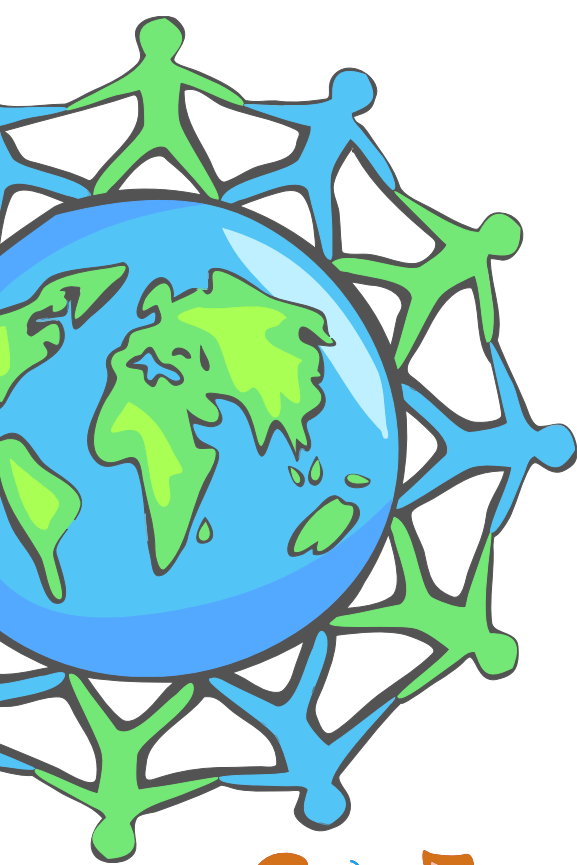
## calming mindful corner

" There are no sad endings for those who

*trust*

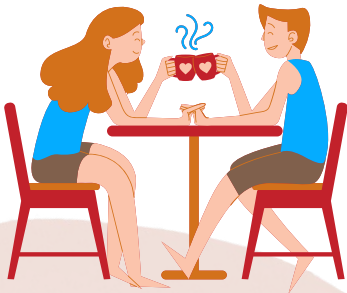
in Allah s.w.t"





# community mindfulness

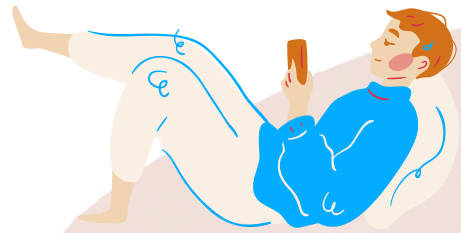
*Practice mindfulness as a family (of FaceTime a community member or another family):*



Dinner time  
(or right before everyone heads to bed)



Set a timer for 5 minutes and sit quietly with eyes open or closed



Listen to the sounds in the room, feel your belly move with your breath, or simply let your mind wander



When the timer goes off, congratulate yourself



Talk about the experience!

"Wipe your tears, there is always a rainbow after the rain"



# CREATIVE THERAPY



# help to track your mood regulation

Art therapy de-stress activities can help you to monitor your daily mood change and stabilize your mood



# empower creativity

Art therapy de-stress activities do not focus on perfection but allow the people to explore the creativity on their own pace

# promote self-love

Positivity is the core element for art therapy de-stress activity. Therefore, it stimulates the sense of self-love



# art therapy de-stress activity in a nutshell



# 10 Art Therapy De-Stress Activities



Create your own puppet using recycle items



Write a romantic poem for yourself



Try to draw in a complete dark room



Cut & Paste  
Design a collage on positive quotes



Design your mission board



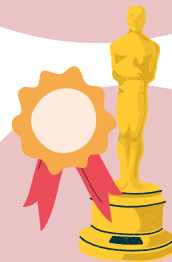
Lets get messy day! Draw anything using watercolor



Choose your art material and draw your emotion



Choose a Quranic verse and draw your reflection



Finally!  
Create your own trophy



Mapping your emotions using Mood Journal



# SOUND THERAPY

**M**usic interventions are effective in reducing physiological and psychological stress-related symptoms in different kinds of settings (mental healthcare, polyclinic medical settings, during medical surgery and in daily life situations)” (M. DE WITTE ET AL, 2019)

Sound healing therapy uses aspects of music to improve physical and emotional health and well-being. The person being treated partakes in the experience with a trained practitioner.

Music therapy may involve:

- Listening to music
- Singing along to music
- Moving to the beat of the music
- Meditating
- Playing an instrument



## Activities

### Earbook

- Select your preferred audio according to low beat, moderate beat and high beat
- Categorized the preferred audio according to mood i.e sad, happy, energize, intense, etc
- Categorized the preferred audio according to time i.e morning, lunch, evening, night

### White Noise

What is white noise? (Sleepfoundation.org)

*To produce white noise, every frequency the human ear can hear is played in a random order at the same amplitude. This results in a “shh” sound many associate with television or radio static. Just as white light is thought to be composed of every visible wavelength on the color spectrum, white noise consists of every audible frequency. Fittingly, “black noise” refers to the literal sound of silence.*

- White noise has proven particularly effective for hospital patients. These settings tend to be quite loud and filled with ambient noise that can disrupt sleep. Studies suggest a white noise machine can reduce sleep onset for patients, or the time it takes to fall asleep, by nearly 40% compared to patients who don't use these devices.
- Listen to white noise from Youtube before going to sleep

### Music Transition

- Set a playlist consist of audio with low beat to high beat (to stimulate positive/ active vibes)

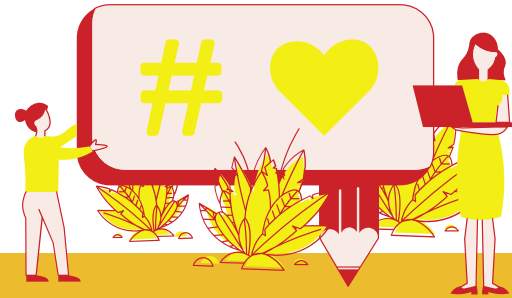
### Groove your way around the music

- Select your preferred song
- Let your body dance freely with the song
- Best combined with fitness movement for physical and emotional benefits



# **SOCIAL MEDIA GUIDELINES**

# GUIDELINES TO USE SOCIAL MEDIA DURING COVID19



Social media usage has been essential to our daily life routine.

We use social media to get connected with people, updating life activities, sharing information and many more.

Some of the well known social media used is Instagram, Twitter, WhatsApp, WeChat, Facebook, Youtube and Telegram.

During this COVID 19 outbreak, people tend to use social media frequently to get the latest update everyday.

Without realizing, we have consumed most of our times on social media that may affect our mental health

Some people tend to get symptoms of anxiety and panic due to influence of what is seen and read on social media

Therefore, here is some guideline in using social media during COVID 19.

## 1. Get Access To The Credible Sources

- Have a list credible sources to get reliable news.
- Make sure to verify messages before sharing to others.

## 2. Be Alert With Emotive Response Resulting From Using Social Media Platforms

- Positive emotive response : Stories such as recovered patients discharged from hospital could be a good new to know
- Negative emotive response : But updates on the rising new cases with positive COVID19 may be a triggering factor to feel anxious and worry.
- Make sure to be aware with your emotions upon reading any news

## 3. Allocate Appropriate Time

- Excessive usage on social media sites may affect mental health.
- Plan out appropriate time using social media to keep updated with the COVID19 news.
- Take a break from using social media when you feel experience negative emotion

## 4. Declutter Your Following

- It is about time to remove any accounts that aren't good for your mental well being.
- Keep your following beneficial and inspiring.

**guidelines  
to use social  
media during  
Covid-19**





## 5. Follow Accounts That Make You Feel Good

- Some social media accounts you might want to follow are accounts that contain inspiring stories, funny comics, travelling vlogs, life hacks, cooking show, biography documentaries, how to bullet journal and positive quotes.

## 6. Connecting To Love Ones

- At this time around, reaching out to love ones regularly is needed.
- Hear them out and give moral support to affirm we are in this together.

## 7. Post Positive Contents

- Let's flood our social media with love, positive and hopeful messages to help one another surpass this crisis.



"Time is the best healer  
take one step at a

*Time*  
and go with  
the flow."

"Let's make  
*compassion*  
a new trend"



"If you cannot  
do great things, do  
small things in a

*great*  
way."







# tips of studying online at home

## *Space*

Find a comfortable and quiet study space to focus on online learning classes. Keep your study space free of clutter or messy as you like. Experiment with both ways and see what works best for you.

## *Schedule*

Create a schedule that comprises all activities of the day. Jot down all tasks with the deadlines on a paper and put it on the wall. It helps you to be on track of your task.

## *Breaks*

Take regular breaks in between classes around 10 minutes to loosen up muscles and release tension. It boost up your productivity and focus.

## *Connect*

You may be physically distant with your friends, but it does not mean you cannot connect with each other. Maintain a human connection by setting up regular social virtual catch-ups. Be it an evening chats, dinner date or book club. Get creative.

## *Me Time*

Amidst the pack schedule of daily activities, allocate time for some me time. Do things that brings you joy such as playing with cats, journalism, singing, take a bath, have proper sleep and adult coloring.

# CAREER DEVELOPMENT DURING COVID19

## *Physically limited, but not potential*

Covid19 has caused many countries implementing Control Movement Order (CMO) and people may experience boredom due to long hour staying at home. Here we share few tips on how to support better career development during CMO so that you would shine brighter after the CMO

## Attending career related webinars

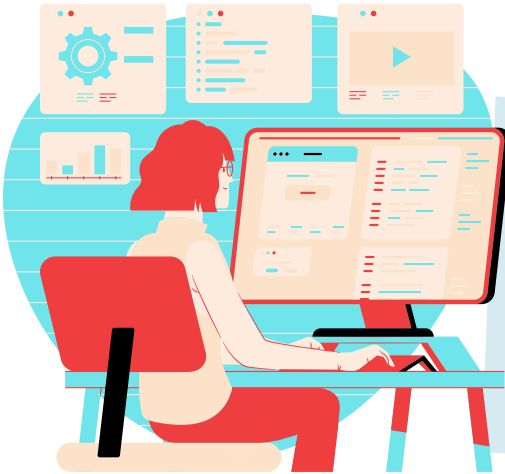
You may experience dilemma which webinar to join!

More companies engaging with public through virtual platforms and they would love to share their business strategies, forecasting next direction and career related tips to future talents.



## Join free online courses/certifications

Don't miss opportunities! Several courses and certifications are now free due to COVID19. You just need to register, completed hours and attended online exam to obtain valuable certificate!



## Explore and enhance digital skills

CMO may limit your outdoor activities, but don't stuck in front of TV! Go to computer and check out your amazing digital skills that could give more values for your future career. Microsoft Office could be cliché, you need to be extraordinary!



## Build strong digital portfolio

You can see how the world slowly moving to digital platforms. Hence recruitment would do the same. Start create your stunning digital portfolio so that employers will spot you vibrantly! Make up your LINKEDIN and the simplest would be instagram.



## Explore more career related portals

In Malaysia, we have more than 10 active career portals that offer you various jobs from various industries and companies! They are unique from one to another and proper review will give you better insights about current job market.



## Watching career related movies

Sometimes you need an aspiration to keep moving. Watching inspiring career related movies will definitely boost your motivation high to sky!



## Start low risk online business/investment

COVID19 may give bad impact to certain industries, but also offer huge opportunities to certain industries. Having more time at home could give you space to explore ways to generate extra income.



## Develop new own YouTube channel

No kidding, you can see how publishing companies are now struggling since the world is now moving to digital platforms. Apparently Youtube offers more excitement which beyond than just information. Thus, you may consider to develop your own channel.





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