

# #MondayMotivation

8 February 2021

**Stay Safe,  
Keep your  
Social  
Distance,  
Wear a Mask  
& Sanitise!**

When you are feeling sad, disappointed, upset, or frustrated here are a few daily reminders to get you back on track to believing in yourself again:

## 5 Daily reminders

1. I am amazing
2. I can do anything
3. Positivity is a choice
4. I celebrate my individuality
5. I am prepared to succeed

Source: <https://lessonslearnedinlife.com/>

## WE WANT TO HEAR FROM YOU!

Durban, Richards Bay and Wild Coast:

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# #MondayMotivation

15 February 2021

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## Things to remember

1. Setbacks don't equal failure
2. You are allowed to set boundaries
3. You are more than an illness
4. It's ok to rest
5. Not everything you think is true

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KZN Counselling and Career  
Development

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# #FridayFact

12 February 2021

**Stay Safe,  
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& Sanitise!**

**MENTAL  
ILLNESS IS  
NOT A  
PERSONAL  
FAILURE**

**IT'S OK TO  
ASK FOR HELP**

**MAKE  
YOUR  
MENTAL  
HEALTH A  
PRIORITY**

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Define tomorrow.

UNISA



# #WellnessWednesday

10 February 2021

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Globally, the COVID-19 pandemic has resulted in a new reality, marked by multiple losses. Numbers passing on have now changed to names of people we actually know – our colleagues, friends, and loved ones. Hearing about the death of several people within a short space of time, has become a norm.

Funerals are regarded as super spreader event and hence allow up to 50 people to attend. Traditional and religious funeral practices. Fear of becoming infected has resulted in people opting not to attend funerals. As such the bereaved are left to process their grief in isolation, away from community and family support. Online funerals, being unable to pay last respects to the deceased, define grieving for the loss of loved ones in this age of COVID-19. We are experiencing a collective loss of normalcy, alongside traumatic, sudden losses. Loved ones are dying alone with no contact other than a screen to say their last goodbyes.

This leaves the bereaved with finding it difficult to process their grief. Understanding the stages of grief, and your grief reactions alongside the grief process will allow for better coping and resolution of grief. People need to make sense of their loss, and process their feelings of shock, anger, numbness and sadness. Knowing that this is a normal part of a grief reaction paves the way to accept the reality of loss as well as endure the pain of the loss, bringing you closer to closure. Grief is not linear, each person experiences the stages of grief differently. In understanding the stages of grief, what you are experiencing (e.g. anger, guilt, bargaining, etc.) you are reassured that what you are feeling is normal.

## Coping with grief and loss

Here are some coping strategies and ways you can support loved ones who are grieving:

1. Acknowledge that grieving at this time is more challenging than coping with loss outside a health crisis. You have additional sources of stress to contend with, so you must practice self-compassion.
2. Staying connected to others is very important if you are grieving AND socially isolated. Often we don't feel like talking to others after losing a loved one. Use technology to stay in touch, like phone calls, text messages or video chats to check on loved one who are grieving. Find out from your loved ones how you can support them virtually.



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3. Another idea is to alternate between "loss" and "restorative" activities. This idea comes from the dual-process approach to grief which says that people move between loss-related activities (e.g., looking at photos of the deceased, crying, talking about the person) and restorative exercises (e.g., making plans for the future, spending time on hobbies).
4. Set up an online memorial page or family group using social media, where you can share memories and encourage each other during the difficult time.
5. Host a virtual funeral reception after the service to provide an opportunity for your loved ones to reflect. Family members can each be given the opportunity to share any memories or pictures, have a moment of silence and consider a virtual toast to honour your loved one's memory.
6. Grief is not linear, so first be kind and patient with yourself

There are also various NGOs, such as the South African Depression and Anxiety Group, that offer support in a variety of issues including feelings of distress, loss or change. Visit their website is [www.sadag.org](http://www.sadag.org). They also have a helpline number: 0800 567 567.

## Further resources

- Watch this video on coping with grief: <https://youtu.be/D-h83K91r8U>
- Read this article about Grief and COVID-19: <https://www.apa.org/news/apa/2020/04/grief-covid-19>

## References

- Psychology Today
- <https://www.westerncape.gov.za/news/you-are-not-alone---coping-grief-and-loss-during-covid-19>

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