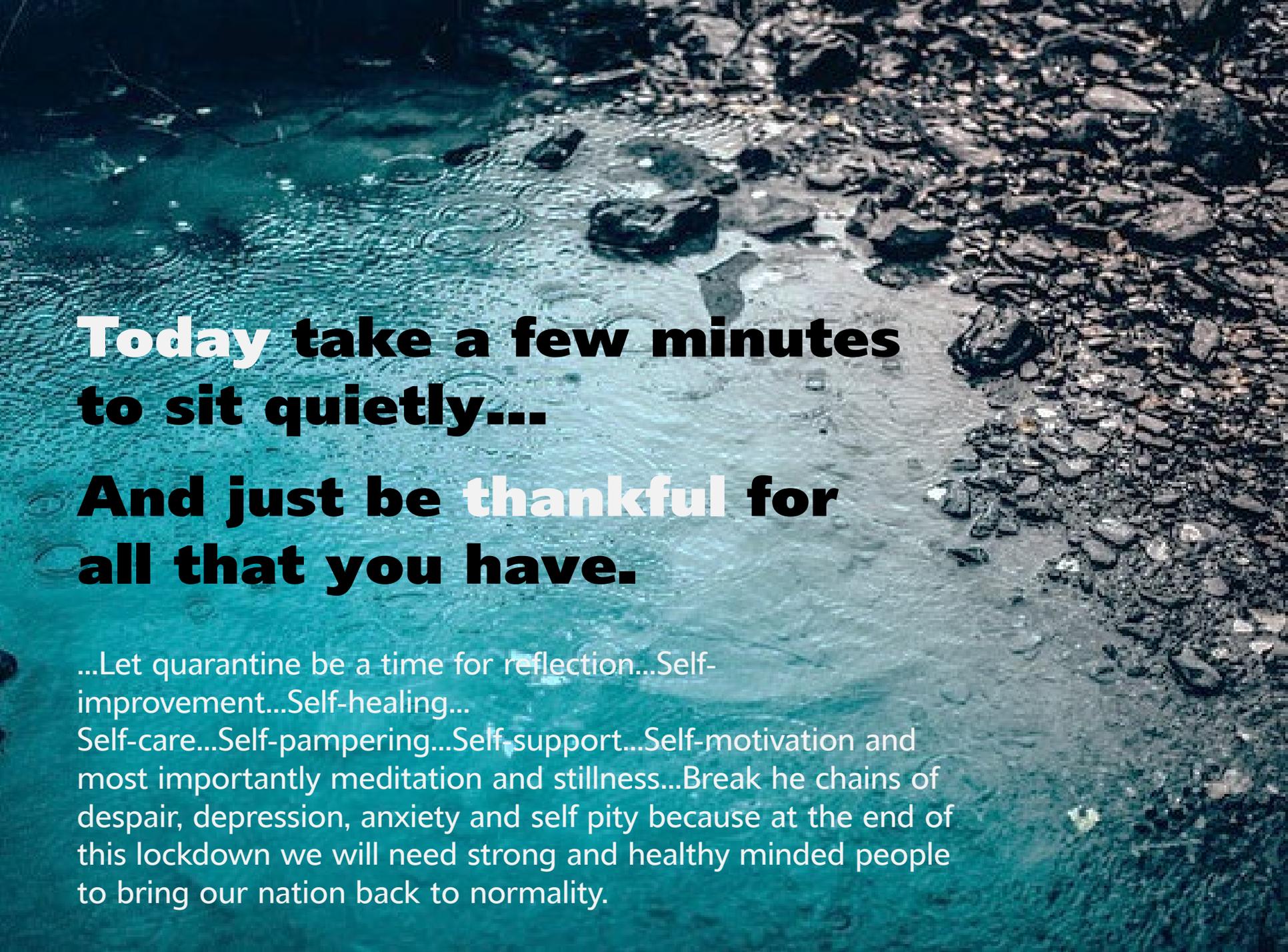


A little motivation...

Directorate:
Counselling
and Career
Development
JUNE 2020





**Today take a few minutes
to sit quietly...**

**And just be thankful for
all that you have.**

...Let quarantine be a time for reflection...Self-
improvement...Self-healing...

Self-care...Self-pampering...Self-support...Self-motivation and
most importantly meditation and stillness...Break the chains of
despair, depression, anxiety and self pity because at the end of
this lockdown we will need strong and healthy minded people
to bring our nation back to normality.

Further resources

- Unisa Covid-19 resources and messages: [https://www.unisa.ac.za/sites/myunisa/default/Announcements/Coronavirus-\(COVID%E2%80%9319\)-update](https://www.unisa.ac.za/sites/myunisa/default/Announcements/Coronavirus-(COVID%E2%80%9319)-update)
- Emergency Hotline: 0800 029 999
- WhatsApp Support Line: 0600 123 456
- COVID-19 Corona Virus South African Resource Portal: <https://sacoronavirus.co.za/>
- The *SA Depression and Anxiety Group (SADAG)* offers online resources related to your mental health and COVID-19. Learn more about managing stress and anxiety as well as living with a mental illness on their website at <http://www.sadag.org/>.
- The Psychological Society of South Africa General Public Information Resource contains useful links related to COVID-19 and working from home: <http://psytalk.psyssa.com/general-public/>.
- Find information about reporting and receiving assistance related to gender-based violence here: <http://gbv.org.za/>.

Contact us

We are available by e-mail:

- Send an e-mail to counselling@unisa.ac.za should you need to discuss any needs you may have in terms of further support.
- Contact Counselling and Career Development at a [regional centre closest to you](#).

Presentation developed by:
Racine Michael, Unisa (KZN)