

Coping with stress and anxiety by creating routine and adding structure to the day.



**MENTAL HEALTH
MATTERS**
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Define tomorrow.

.THE IMPACT OF THE COVID 19 PANDEMIC

During this pandemic we have experienced a sudden change to our daily lives leaving us stressed, anxious and dwelling in uncertainty.

Trying to figure out how to get back to daily routine from the confines of our homes becomes a major struggle. We are left juggling family life and other responsibilities as well as work and study situations all under one roof.

Despite having to deal with a stressful pandemic, our daily lives have not come to a standstill.

Homes need cleaning, families need care and support, work and meetings have to continue remotely from home or out in the field

Amidst all of this chaos and stress, as a student you are expected to meet submission deadlines, cover content prepare for exams and adhere to studying from home.

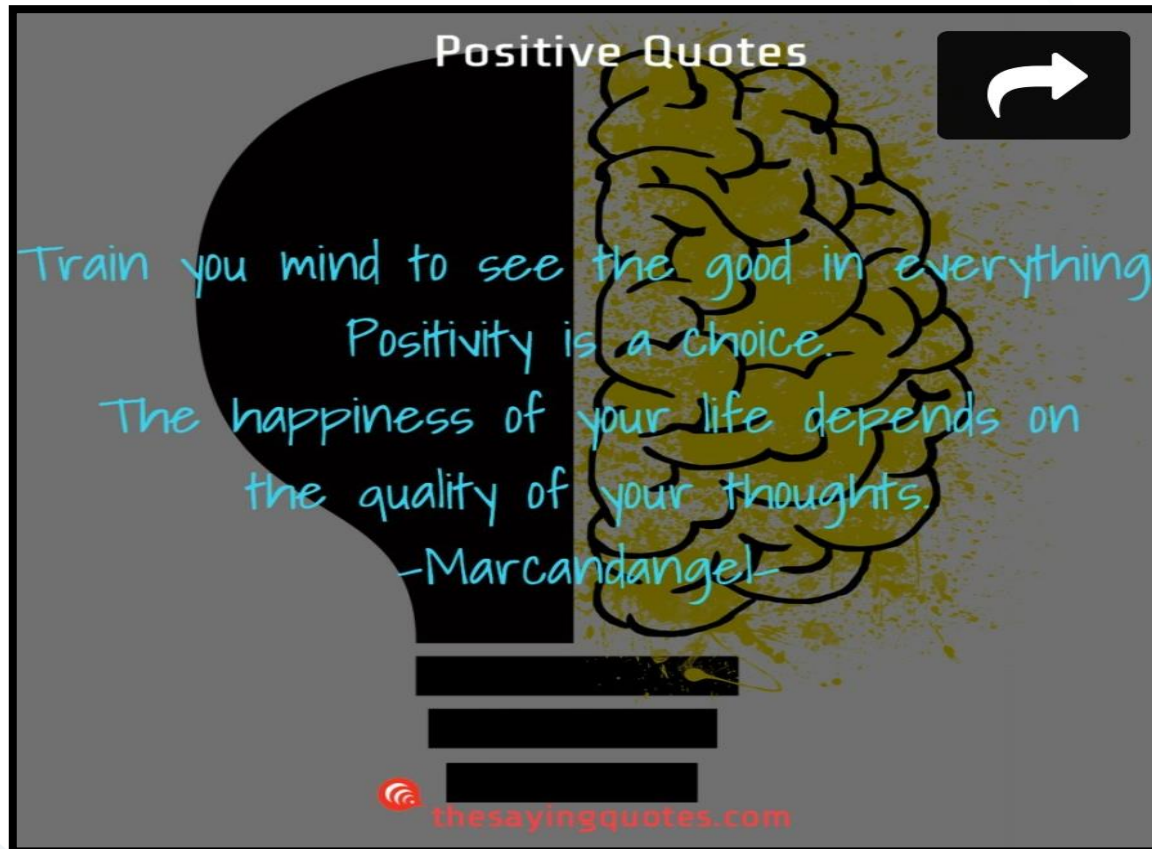
IMPACT OF LOCKDOWN REGULATIONS STUDENTS AND WHAT YOU CAN DO TO COPE

- Lockdown regulations means that several resources are now limited
- Previously students had access to campus facilities, study groups/tutorials, libraries and internet cafes.
- Post Lockdown students are limited to what we can access from home and in turn comes added on pressure.
- Structure and routine becomes an necessary ingredient to coping with the academic workload

IMPACT OF LOCKDOWN REGULATIONS STUDENTS AND WHAT YOU CAN DO TO COPE

- Plan your day and allocate time o specific tasks according to priority
- Create a TO-DO list
- The beauty of this concept is that there is no one size fits all approach. You will create and adapt your own structure according to your own lifestyle and needs.
- This is our new norm
- Students are increasingly isolated from others despite being ODeL and learning via online classes
- Be mindful of online activity becoming addictive which can result in procrastination and getting very little or nothing done

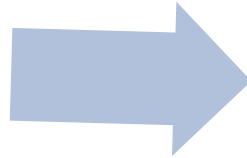
A POSITIVE MIND = A POSITIVE OUTLOOK



HOW DO I START???

CREATE A TO DO-LIST

- Create a to do list ranking Tasks from **MOST** to **LEAST** important
- Create a general list or a categorized list.
- Do your TO-LIST the night before, your day or week begins.
- Once you enter your day/week this means going straight into your routine
- Do not wasting time planning it out on the day.
- what you do not get accomplished move over to the next day



SOME KEY ASPECTS TO CONSIDER;

- Household chores/Family responsibilities.
- Work/study expectations.
- Fitness activities/Health/beauty regimes.
- Self care, relaxation and pampering.
- Religious prayer or meditation dedication.

LETS GET SPECIFIC!

- Add time frames to your tasks – consider how long you would need to spend on each task, what time of day you work best or are most productive.
- Give yourself a deadline, long before the actual due date of your tasks.
- Keep in mind no two days are the same
- you might have a perfectly productive day and the next you might find it difficult to get started
- Routine and structure usually helps with this!
- Keep working, even if you do small chunks of work or studying at a time.
- As you go along you will find the perfect fit and balance to suit you.

HOW DO I STICK TO MY SCHEDULE?

Use a punishment and rewards system

Set a goal of what you would like to accomplish and use your distraction as a reward after accomplishing your goal.

- For example:
- **GOAL/TASK** work or study deadlines to be met.
- **DISTRACTION** social media.
- **REWARD** once the activity is complete or goal is achieved reward yourself with the allowance of social media.
- **PUNISHMENT** if your goal or activity is not achieved a punishment of no social media should be implemented.

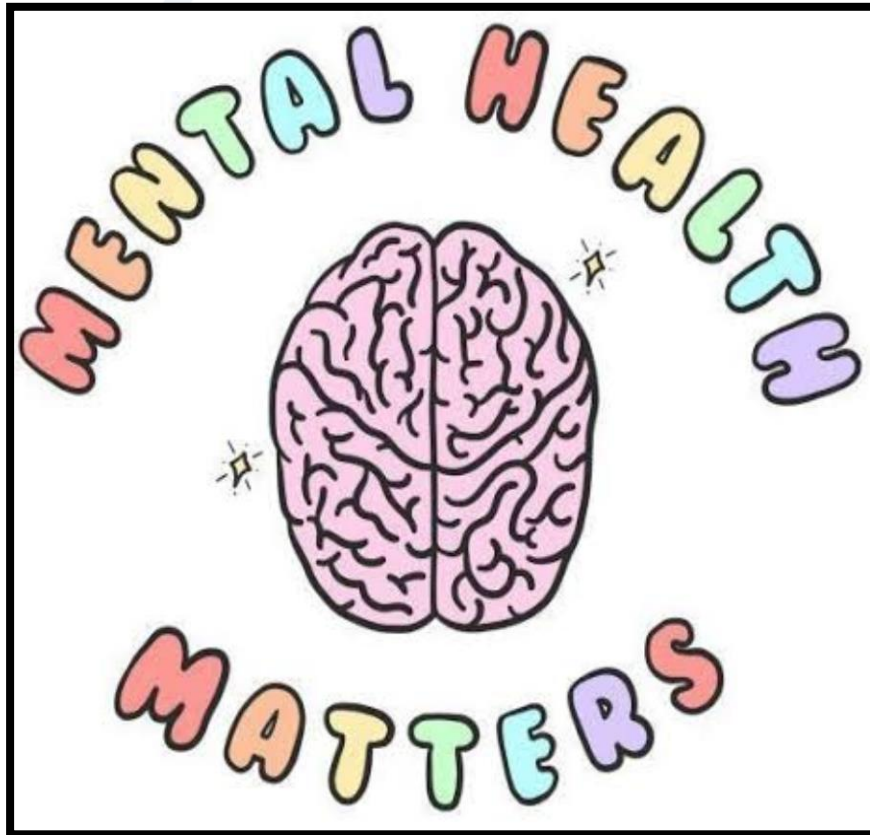
HOW DO I STICK TO MY SCHEDULE?

To cope with your workload, ask yourself questions while looking at your to do list.

QUESTIONS TO CONSIDER (These may vary according your personal lifestyle):

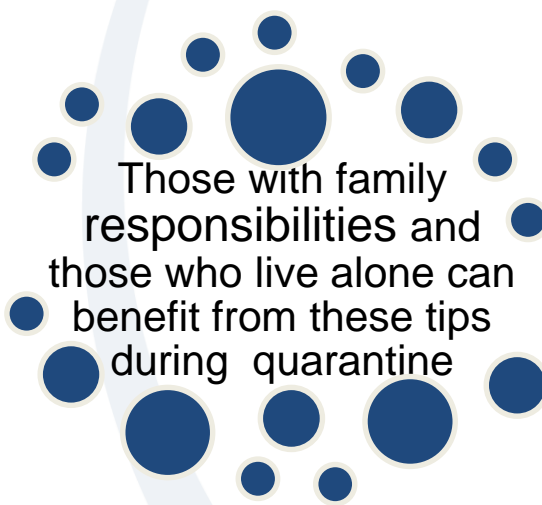
- When do I concentrate best (morning, afternoon or night or when I am alone?)
- Should I start my day with household chores or end my day with household chores?
- Can my family activities and responsibilities be merged with my daily activities?
- What routines did I have in place before going into quarantine and can I implement these at home?
- What are my restrictions, difficulties or distractions?
- Who else in the house should take on responsibilities and chores?

TAKE SOME TIME FOR YOU !




REMEMBER


We often tend to think, “There's just not enough time in the day”.



Those with family responsibilities and those who live alone can benefit from these tips during quarantine



Routine will help ensure that adequate time is given to all your responsibilities and to make time for yourself because



Maintaining a positive frame of mind is important too.

Make sure that tasks are completed as we go along. With having a plan in place we can start to help reduce our levels of stress, anxiety and feelings of uncertainty.

Please feel free to visit our website

<https://www.unisa.ac.za/sites/myunisa/default/Learner-support-&-regions/Counselling-and-career-development/Downloads-and-podcasts>

Thank you