

Webinar COVID-19: “Taking Care of Your Mental Health” (Mental Health Problem at School for School Counselors)

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CORONAVIRUS – COVID-19



- COVID-19, the disease caused by the coronavirus, is a global pandemic that has shut down much of society, including many schools.
- The stress associated with this virus may understandably increase worry and anxiety in our students, staff, families, and communities.
- [Sources: http://www.schoolmentalhealth.org/COVID-19/](http://www.schoolmentalhealth.org/COVID-19/)

Coping with Stress During Infectious Disease Outbreaks

- What You/ Your Students Should Know
 - ❖ Know the signs of stress in yourself and your loved ones.
 - ❖ Know how to relieve stress, and
 - ❖ know when to get help.



Know the Signs of Stress



Behavioral, physical, emotional, and cognitive responses that are all common signs of anxiety and stress.

BEHAVIOR

- ✓ An increase or decrease in your energy and activity levels
- ✓ An increase in irritability, with outbursts of anger and frequent arguing
- ✓ trouble relaxing or sleeping
- ✓ Crying frequently
- ✓ Worrying excessively
- ✓ Wanting to be alone most of the time
- ✓ Blaming other people for everything
- ✓ Having difficulty communicating or listening
- ✓ Having difficulty giving or accepting help
- ✓ Inability to feel pleasure or have fun

YOUR BODY

- ✓ Having stomachaches or diarrhea
- ✓ Having headaches and other pains
- ✓ Losing your appetite or eating too much
 - ✓ Sweating or having chills
- ✓ Getting tremors or muscle twitches
 - ✓ Being easily startled

Know the Signs of Stress



EMOTIONS

Being anxious or fearful
Feeling depressed
Feeling guilty
Feeling heroic, euphoric, or invulnerable
Not caring about anything
Feeling overwhelmed by sadness

THINKING

Having trouble remembering things
Feeling confused
Having trouble thinking clearly and concentrating
Having difficulty making decisions

Know How To Relieve Stress

manage and alleviate your stress by taking time to take care of yourself.

KEEP THINGS IN PERSPECTIVE

- ❖ make sure to take time away from the news to focus on things in your life that are going well and that you can control

GET THE FACTS

- ❖ Find people and resources you can depend on for accurate health information.
- ❖ Learn from them about the outbreak and how you can protect yourself against illness, if you are at risk.

Know How To Relieve Stress

manage and alleviate your stress by taking time to take care of yourself.

KEEP YOURSELF HEALTHY

- ❖ Eat healthy foods, and drink water.
- ❖ Get enough sleep and rest.
- ❖ Get physical exercise.

USE PRACTICAL WAYS TO RELAX

Relax your body often by doing things that work for you—take deep breaths, stretch, meditate, wash your face and hands, or engage in pleasurable hobbies.

Know How To Relieve Stress

manage and alleviate your stress by taking time to take care of yourself.

USE PRACTICAL WAYS TO RELAX

- ❖ Relax your body often by doing things that work for you—take deep breaths, stretch, meditate, wash your face and hands, or engage in pleasurable hobbies.
- ❖ Use time off to relax—eat a good meal, read, listen to music, take a bath, or talk to family.
- ❖ Talk about your feelings to loved ones and friends often.

Know How To Relieve Stress

manage and alleviate your stress by taking time to take care of yourself.

PAY ATTENTION TO YOUR BODY, FEELINGS, AND SPIRIT

- ❖ Recognize and heed early warning signs of stress.
- ❖ Take time to renew your spirit through meditation, prayer, reading Quran or helping others in need.

Know When To Get Help



KNOW WHEN TO GET HELP

- ❖ You may experience serious distress when you hear about an infectious disease outbreak, even if you are at little or no risk of getting sick.
- ❖ . If you or someone you know shows signs of stress (as discussed) for several days or weeks, get help from counsellors or other mental health professionals.

Know When To Get Help



KNOW WHEN TO GET HELP

- ❖ Contact the helpline right away if you or someone you know threatens to hurt or kill him- or herself or someone else, or talks or writes about death, dying, or suicide.
- ❖ Counsellors or other mental health professionals need to provide the information about national helpline to the students or their client.

CONCLUSION



- ❖ Take care of your physical health to help lower your stress.
- ❖ Take a break to focus on positive parts of your life, like connections with loved ones.
- ❖ Good Luck and be a great Counsellors or Psychologist or Mental Health Professionals.



THANK YOU VERY MUCH
AND
HAVE A NICE DAY

Almost all of the information from: <https://store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885>