

# Being The Fittest in New Normal

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The New Normal

# CORONA VIRUS 2019

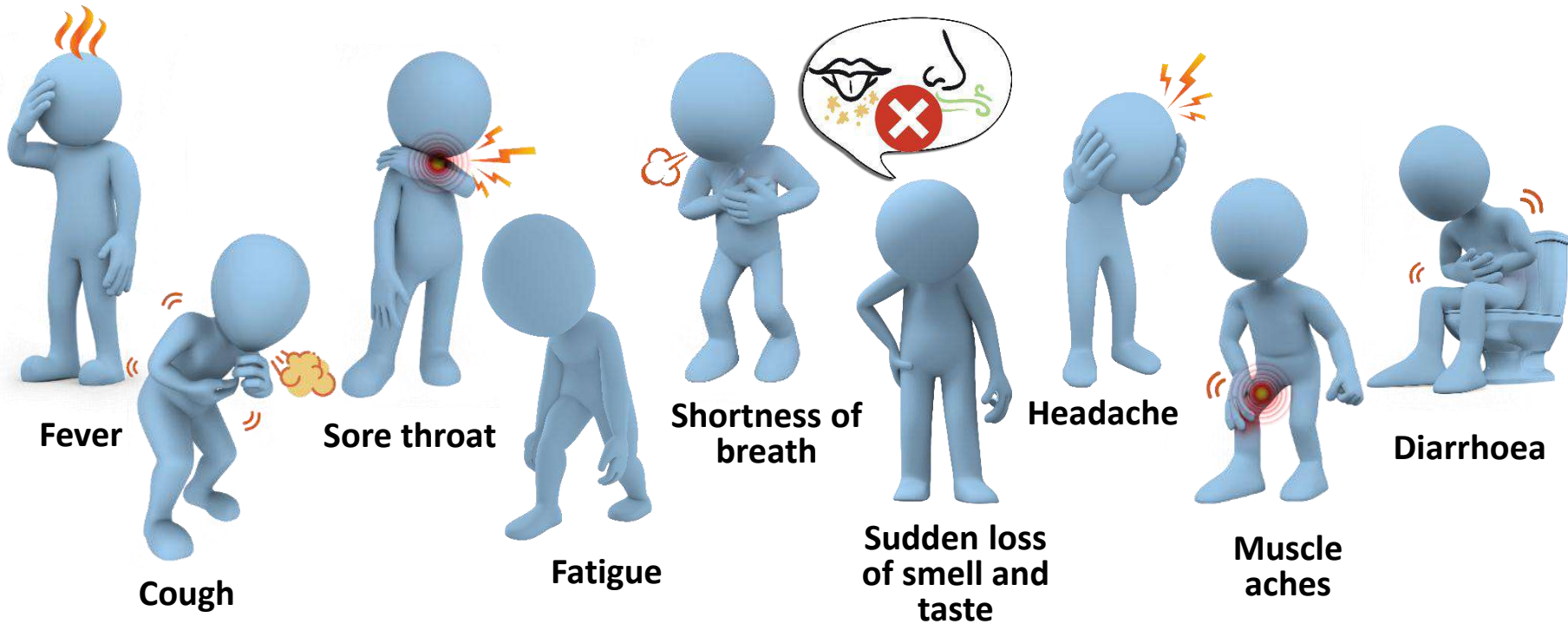
*Coronavirus disease 2019 (COVID-19), caused by severe acute respiratory syndrome–coronavirus 2 (SARS-CoV-2).*

*The only available infection prevention approaches are case isolation, contact tracing and quarantine, physical distancing, decontamination, and hygiene measures.*



*Has clear potential for a long-lasting global pandemic, high fatality rates, and incapacitated health systems.*

# Symptoms start like many other illnesses




Symptoms start about one day after exposure, but can be as long as 14 days.

Some people have no symptoms, **most** have a mild illness. It can be severe and sometimes fatal.

# COVID 19 AS A PANDEMIC

March 11, 2020, WHO declared the Corona pandemic an international emergency and called on all countries to set up special hospitals

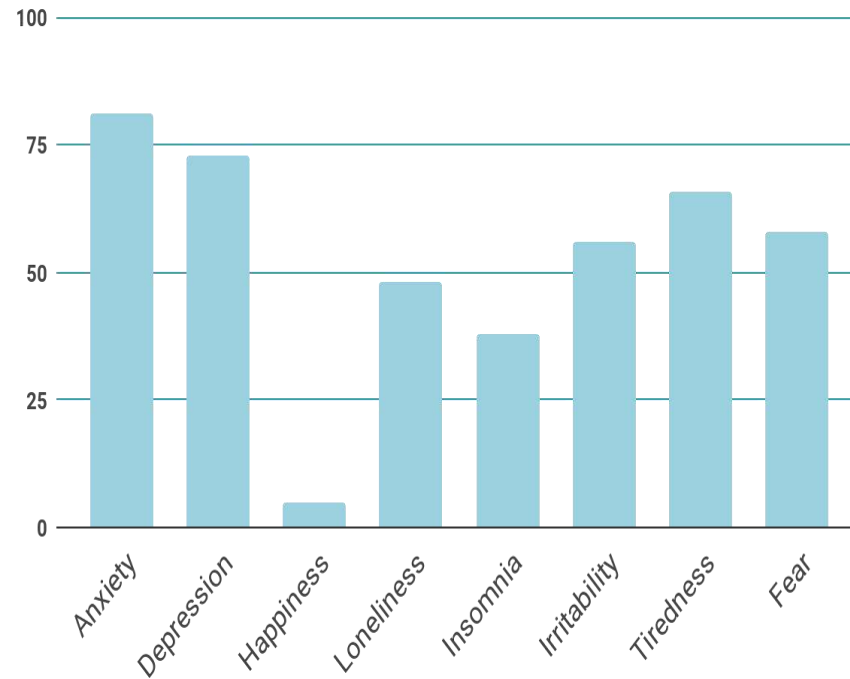


**ALL ASPECT OF  
LIFE NEED  
SPECIAL  
PROTOCOL**



**LOCKDOWN  
AREA**

# Effects of the Lockdown



These two trends will  
tell us what's to come  
and what to expect

**01**



## Positive

Evolution of healthcare, new and better habits, reduction of inequality

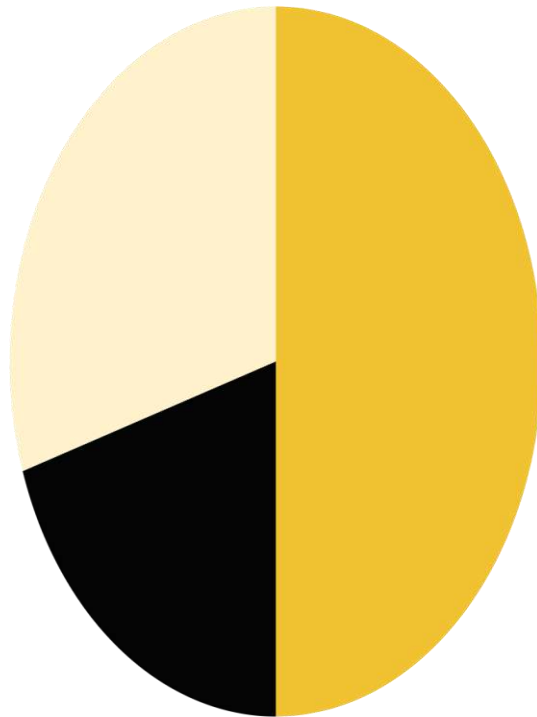
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## Negative

Harsher surveillance, divide between countries, economic recession

# NEW TRENDS



To modify this graph, click on it, follow the link, change the data and replace this one

20%



## Sensory Stimulus

Places like the Haptics Museum help people get used to touch again

30%



## Shop Streaming

Might be the next direction for online shopping and social connections

50%



## Assisted Development

Many will be forced to learn neglected life skills with the help of apps

# Positive Aspects of the Lockdown



Take your time  
to get to know  
yourself better



Learn how to  
improve your  
communication



Value what you  
already have  
(water, food...)



Enjoy some at-  
home activities

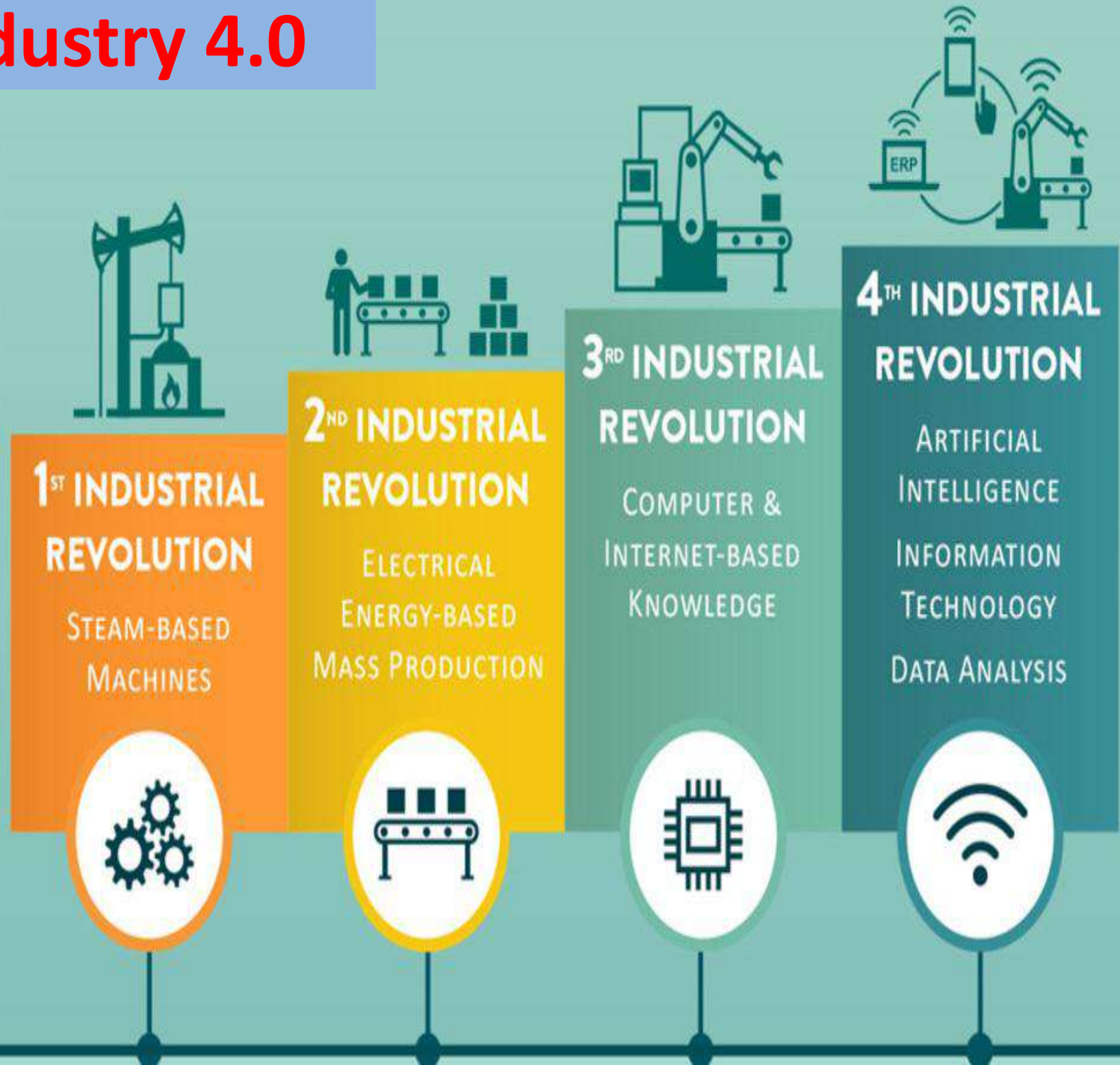


# IMPACT OF COVID

- Behaviour change

- Group threat
- Risk perception
- Social isolation
- Aging and connectedness
- Collective trauma

# Industry 4.0



# NEW NORMAL?

**WHAT IS NEW NORMAL  
NEED? RECOVERY,  
ADAPTATION OR  
ADJUSTMENT?**



# CORONAVIRUS DISEASE 2019 (COVID-19)

## LOOKING AFTER YOUR WELLBEING

Dealing with COVID-19 pandemic can be very stressful.

### COVID-19 STRESSORS

**COVID-19 stressors can vary among people. Some include:**

- Dealing with a rapidly changing situation
- Fear of sickness and isolation
- The need to take precautions - stay home, work from home, practise social distancing, etc
- Loneliness
- Loss of income
- Shortage of essential items





# ADAPTATION AND RECOVERY FROM STRESS DURING COVID



## Things you can do to reduce stress:

- Take breaks from listening to, watching or reading about COVID-19, including checking social media.
- Focus on the facts of COVID-19 and understand the risk to yourself and those you care about.
- Separate facts from rumours. Gather information from reliable sources.
- Keep yourself in the best possible health. Sleep well, eat healthy, and be physically active.
- Practise positive thinking
- Plan your day, prioritise tasks. Feel good about the decisions you make.
- Engage in activities you enjoy - keep yourself stimulated and entertained.
- Talk to people you trust, share your concerns and feelings.



If stress continues to hamper your daily activities,  
**talk to a doctor.**



**“Ini bukan tentang bagaimana cara memberhentikan hujan agar bisa menari, tetapi ini tentang bagaimana kita tetap bisa menari walaupun turun hujan”**





# We'll Get Through This

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*"Once we accept our limits,  
we go beyond them."*

*Albert Einstein*

# Pandemic has lived in our circumstances



## **Abad 19 – abad 20: Colera**

Tahun 1821 sekitas 125.000 orang di Jawa tewas. Tahun 1910 diperkirakan 60.000 jiwa tewas di Jawa & Madura



## **1918 – 1920: Flu Spanyol**

500 juta terinfeksi.  
50 – 100 juta korban jiwa



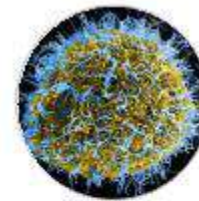
## **2003: Sindroma Pernafasan Akut (SARS)**

800 ribu korban jiwa



## **2009: Flu Babi atau Swine Flu**

500 ribu korban jiwa.  
Pertama ditemukan di Mexico



## **2013 – 2016: Ebola**

28.600 terinfeksi.  
11.325 korban jiwa



## **2019: Covid-19**

7.215.514 terinfeksi (9/6/2020). 409.073 korban jiwa.  
3.552.209 sembuh



# General Tips

A

## Remain Calm

Keep your cool, this situation is only temporary

B

## Habits

Keep good hygiene and eating habits

C

## Contact

Be in contact with others via phone or video call

D

## Positivity

Be positive and do creative or altruistic things

E

## Information

Keep yourself well informed, but watch out for fake news

F

## Routine

Follow a daily routine to escape from monotony

# CHANGES IN SOCIETY

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How some global topics will  
evolve in time

01

“

Optimism is the faith that  
leads to achievement.  
Nothing can be done without  
hope and confidence”

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—Helen Keller,  
American author and  
political activist



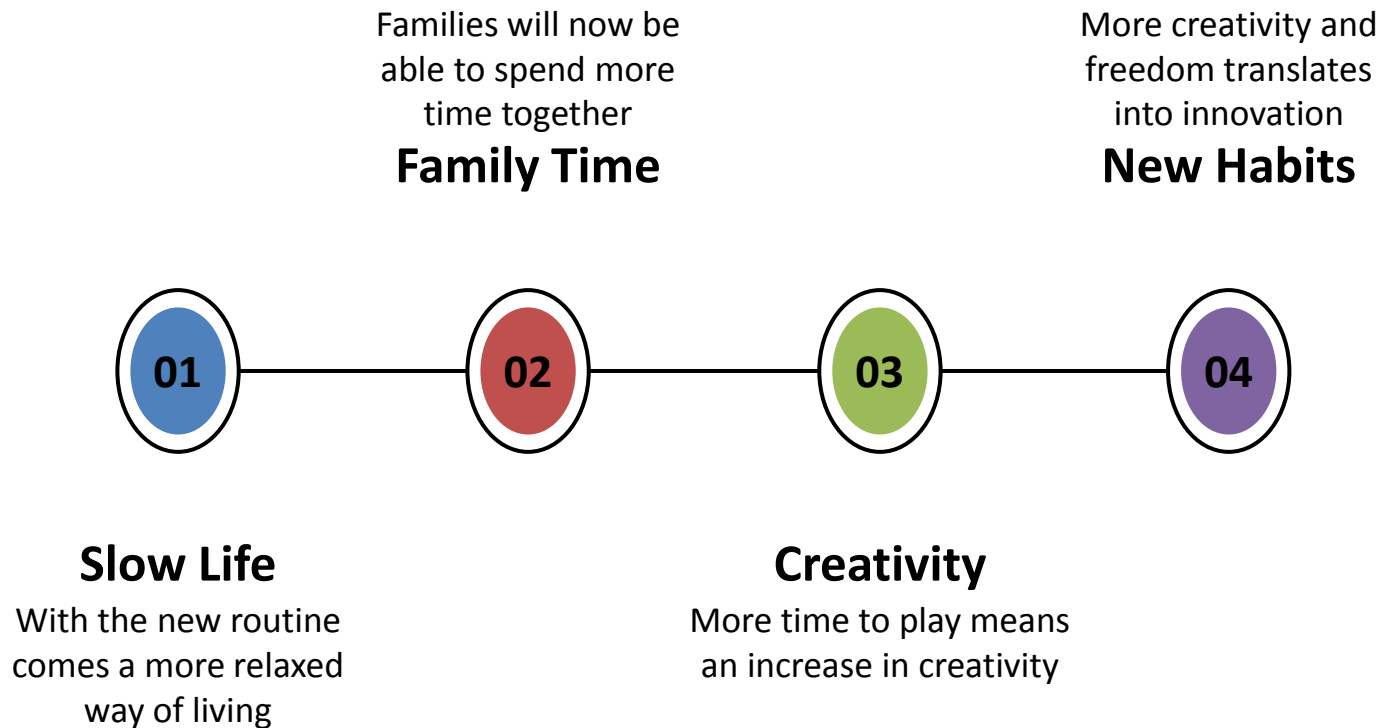
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# CHANGES IN OURSELVES

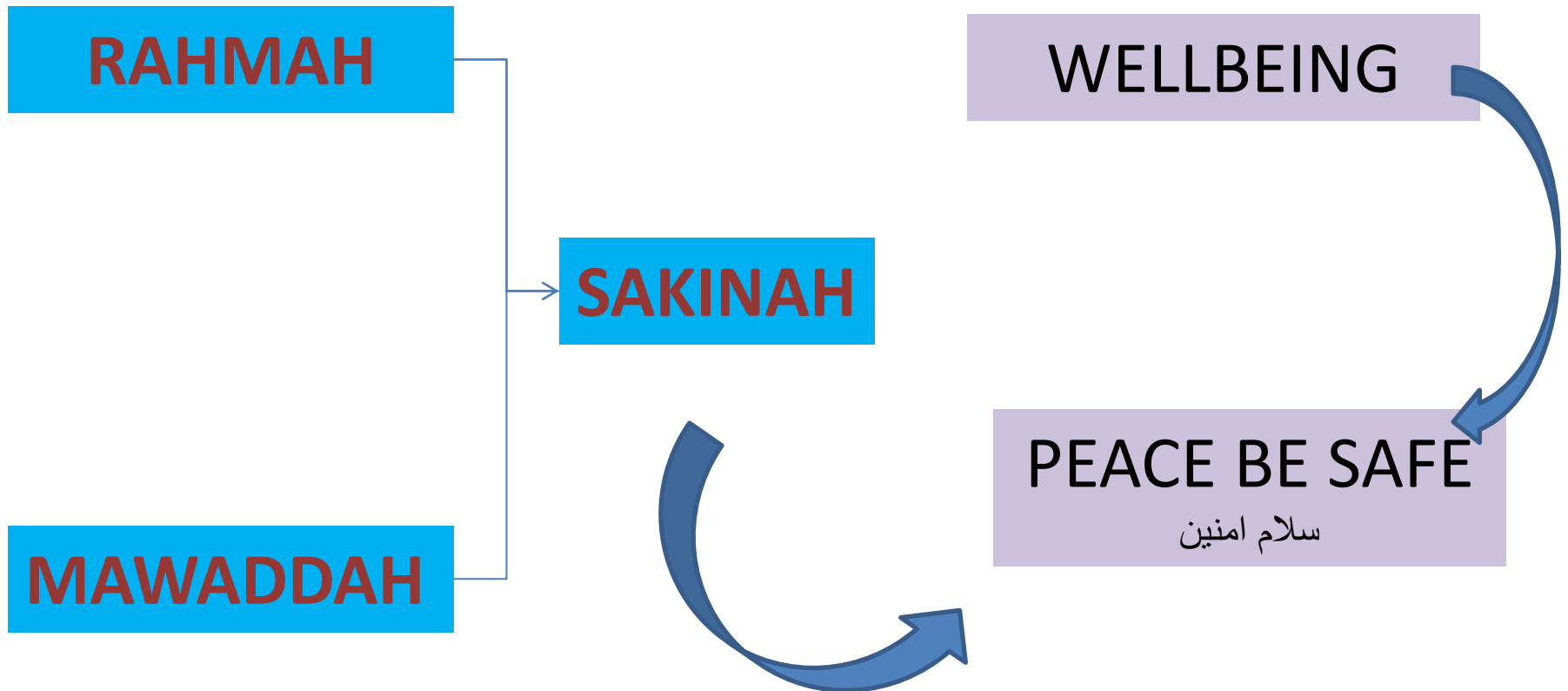
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Our own habits and values will  
change too

# LIFE AND VALUES



# RELIGIOUS AND CULTURE BASED VALUES: “LOVE”



# The ABCDE Strategy

- **Accept** and confront the reality -- *the reality principle.*
- **Believe** that life is worth living – *the faith principle.*
- **Commit** to goals and actions – *the action principle.*
- **Discover** the meaning and significance of self and situations – *the Aha! principle.*
- **Evaluate** the above – *the self-regulation principle.*



**I AM STRONG**

because I know my Weaknesses

**I AM BEAUTIFUL**

because I am aware of my Flaws

**I AM FEARLESS**

because I learnt to recognise, illusion from Real

**I AM WISE**

because I learn from my Mistakes

**I AM A LOVER**

because I have felt Hate

*and...*

**I CAN LAUGH**

because I have known Sadness