

PERSOONLIKE WELSTAND EN STRES HANTERING

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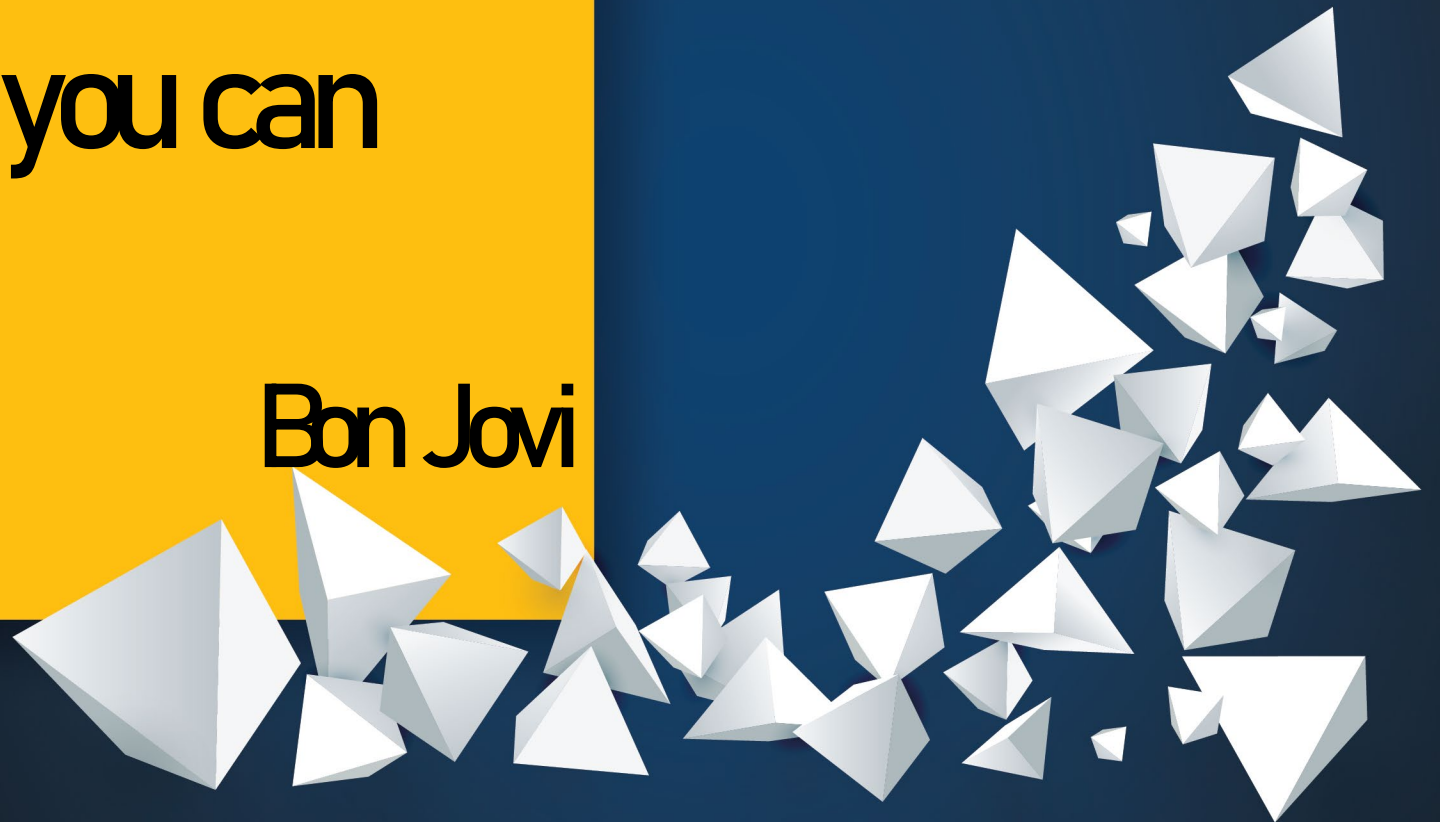


DIE VERANDERING IN ONDERWYS
THE CHANGE IN EDUCATION

When you can't do what you
do
You do what you can

Bon Jovi

SAOU





**Hoe normaal
is die NUWE
normaal?**



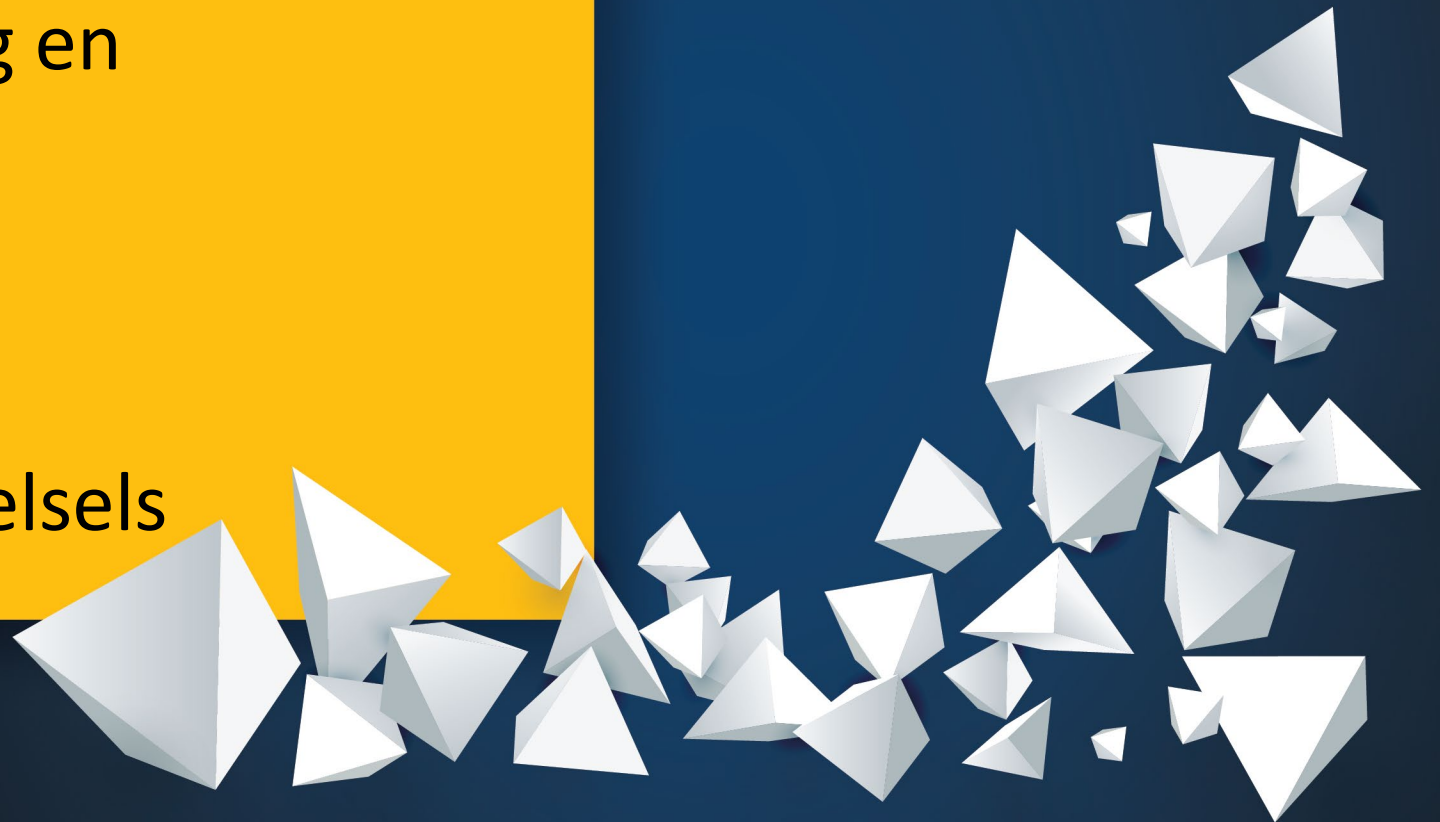
AANNAMES 2020



Hoe oorleef ons?

Jou reaksie word bepaal deur:

- ☐ Jou persoonlikheid
- ☐ Jou innerlike wilskrag en
- ☐ Jou weerstand
- ☐ Jou veerkragtigheid
- ☐ Jou ondersteuningstelsels



PERSOONLIKHED



Openness



Conscientiousness



Extraversion



Agreeableness

The
Big Five
Personality
Traits



Neuroticism


verywell

SAOU

“a stable psychological characteristic that contributes to determining how people experience the world as well as to the impact of these experiences.”





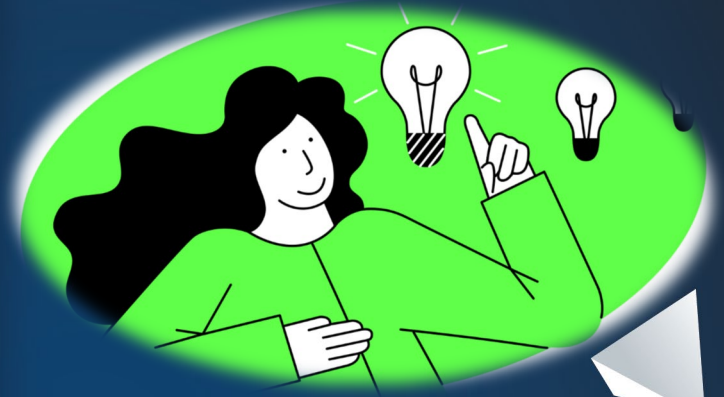
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Openness

- Maklik aanpasbaar
- Neem nuwe roetines aan
- Maak die beste van 'n slegte saak



Conscientiousness

- Doen dinge REG
- Goed georganiseerd
- Nougeset
- Hou by norme en sosiale reëls.
- Veiligheidsmaatreëls
- Jy is verantwoordelik vir eie veiligheid tydens die pandemie



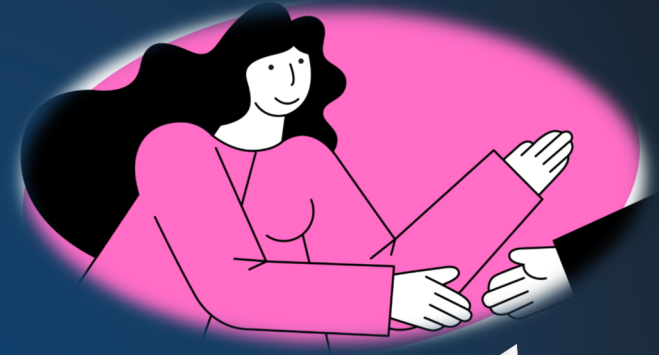
Extraversion

- Hoë energievlakke
- Interaksie met mense
- Beleef sosiale afstande moeilik om te handhaaf
- Sukkel om masker te dra - voel afgesluit van ander.
- Moeiliker om te kommunikeer nie.



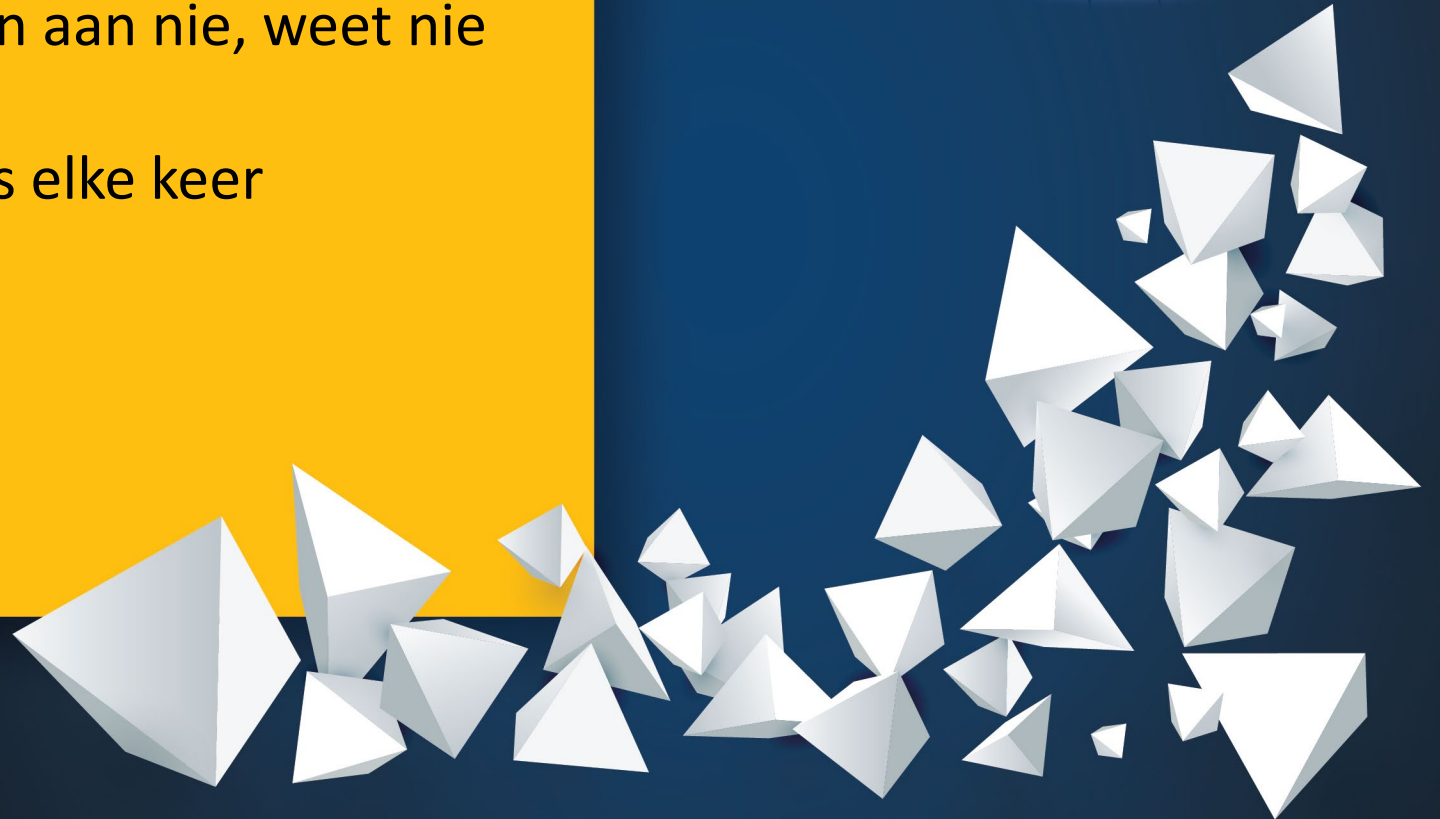
Agreeableness

- Hulpvaardig
- Vertrou ander mense
- Hou nie van konflik nie
- Vertrou die inligting wat deur die staat gekommunikeer is
- Aanvaar regulasies en direkteure
- Almal behoort dit te volg
- Jy hou by die reëls en jy dra jou masker om nie net jouself nie, maar ook ander veilig te hou.



Neuroticism

- Vatbaar vir negatiewe emosies: Angs, woede, depressie
- Covid is 'n BAIE negatiewe periode
- Angstig omdat alles verander
- Onseker – weet nie wat gaan aan nie, weet nie wie om te vertrou nie
- Nuus wat deurgegee word is elke keer ontstellend
- Wil die bekende terug hê



Resilience



SAOU



resilience

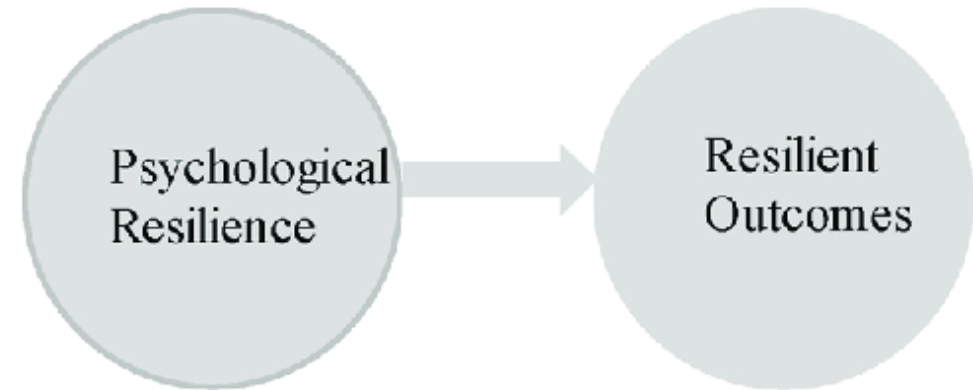
(noun) re-sil-i-ence

"...the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress – such as family and relationship problems, serious health problems or workplace and financial stressors."

"It means 'bouncing back' from difficult experiences."

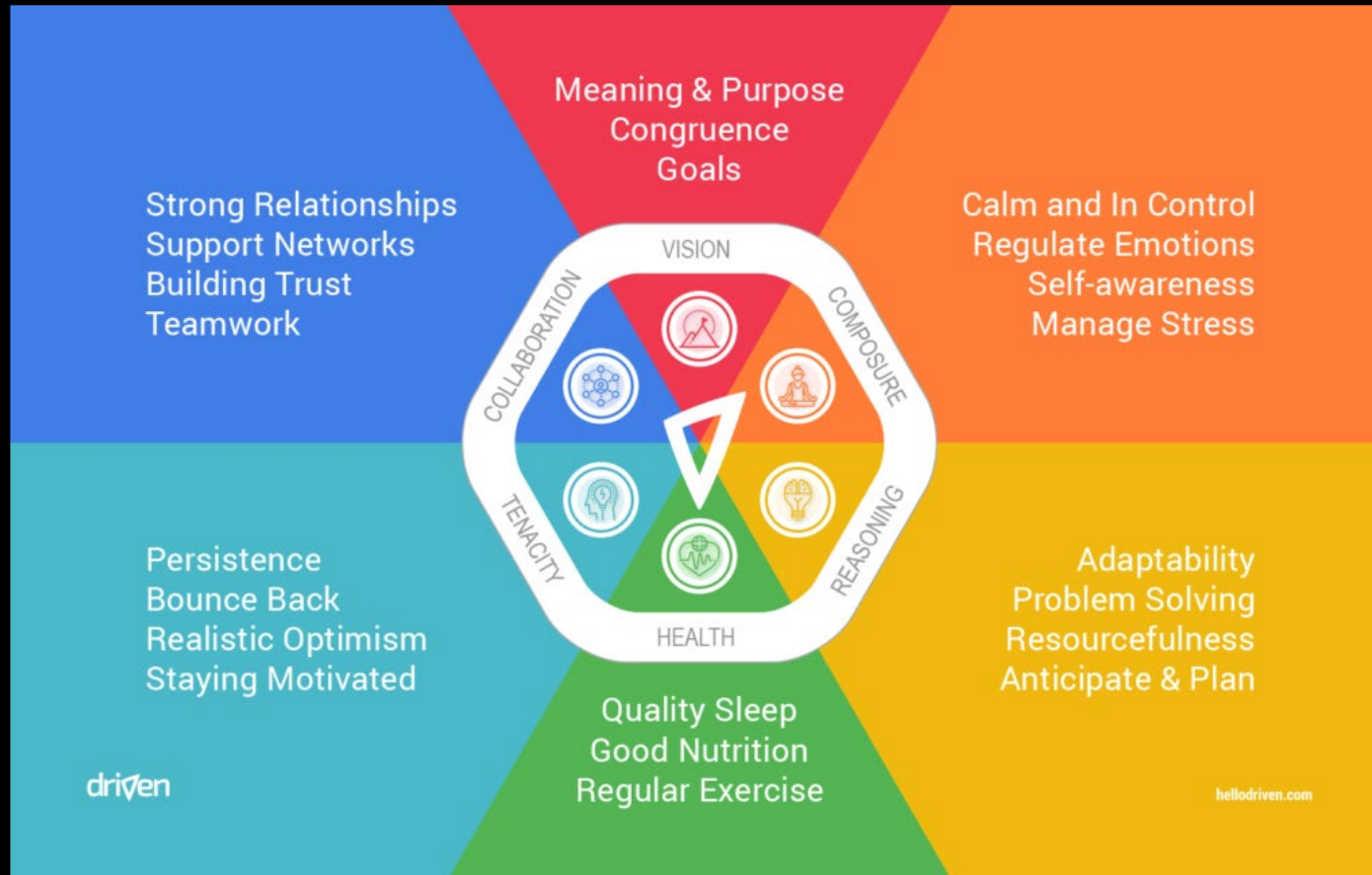


Veerkrachtigheid



Stressors Disruption
Adversities Destruction
Life events Panic





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resilience

is a **mindset** that

↓
can be
taught

↓
changes
over time

↓
is in our
control

S **Δ** **O** **U**



**When you can't
control what's
happening,
challenge yourself
to control the way
you respond to
what's happening.
That's where your
power is.**

UNOΔS

Sosiale ondersteuning

Om 'n ondersteuning
vir iemand anders te
wees

Finansiële stabiliteit

Die roetine en
veiligheid van jou
werk

Toegang tot die nodige
PPE

Veilige werkplek

Welstandsprogramme

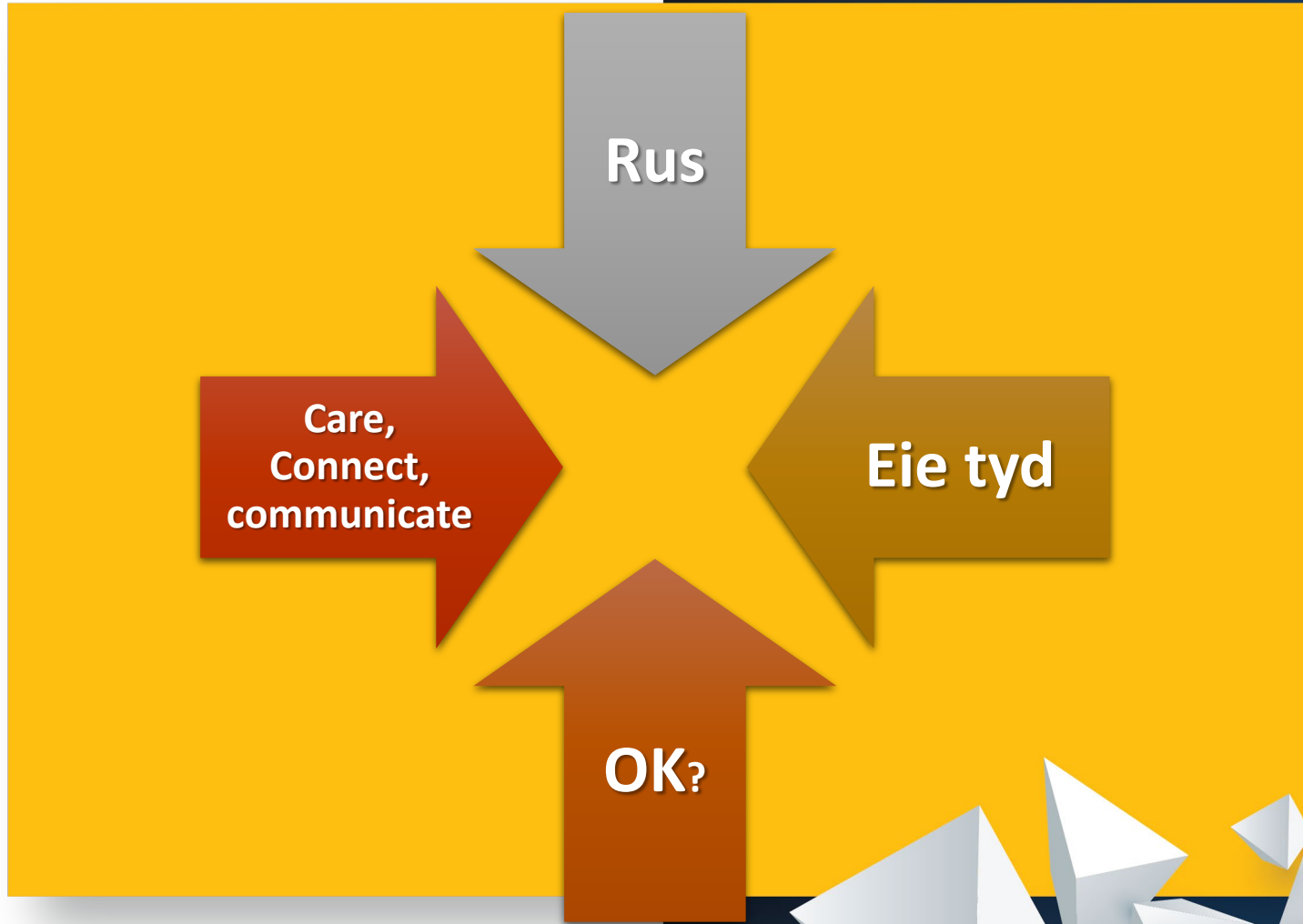
Ondersteuning van
diversiteit

Gereelde Covid-19
toetsing wat betyds
uitgevoer word

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Hoe druk ons deur?



SΔOU



Hoe druk ons deur?

Roetine

Prioritiseer

VRA

Oefen

Sonlig

Medikasie

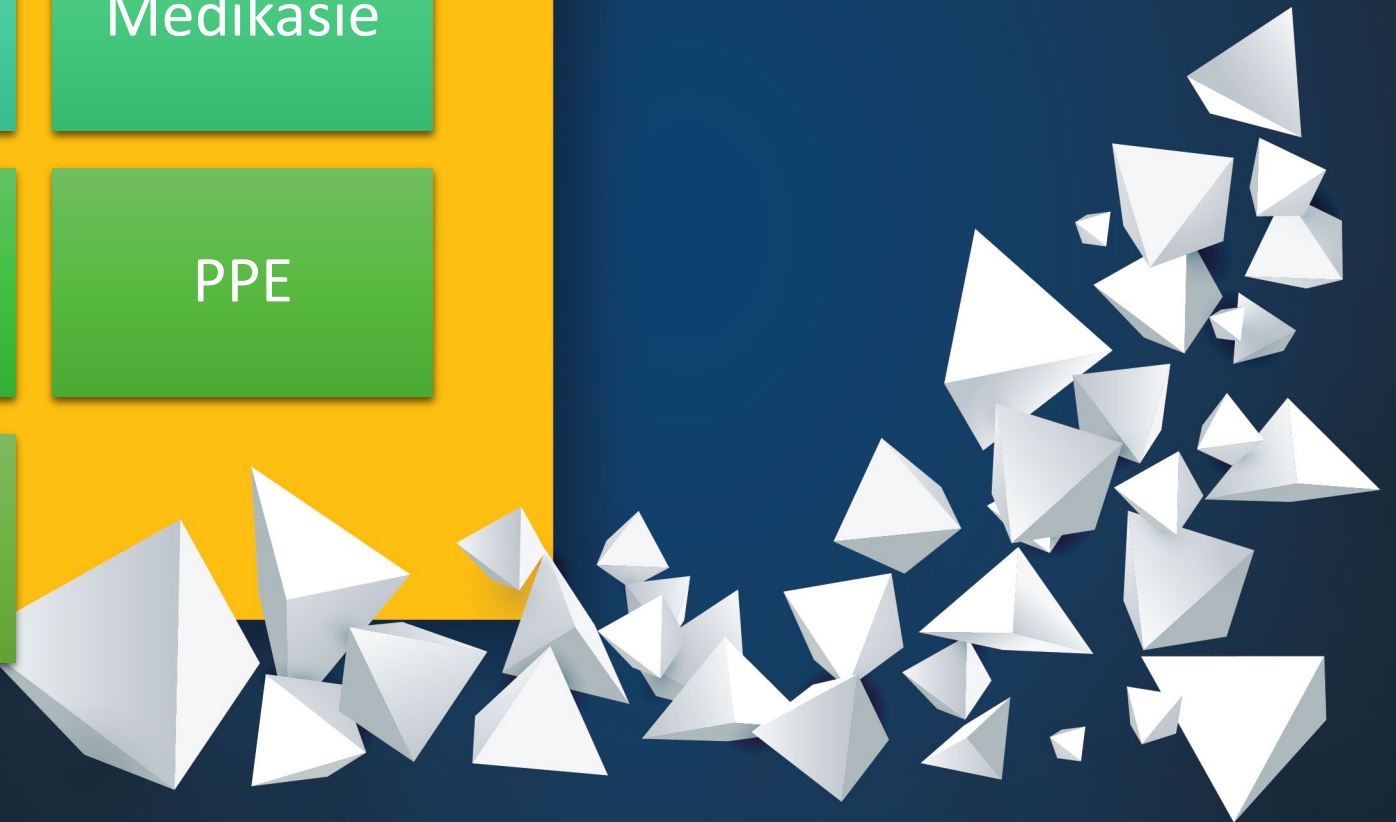
Berading

Blootsteling

PPE

Negatiwiteit

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Distress, Stress, and Eustress



distress

(extreme anxiety,
sorrow, or pain)



stress

(feeling of anxiety or
pressure)



eustress

(positive stress)

How
STRESSED
_____ are you?

Stress, as difficult as it might be to accept, is an important part of our lives. It can bring out the best in us, motivating us towards ever greater heights of personal achievement.

But too much stress, or feeling unable to cope with it, can take a serious toll on our wellbeing. Follow the **flowchart** below to find out if you might be suffering from serious stress.







QUESTION 1:

How did you sleep last night?

1. Good – I woke up refreshed and ready for the day
2. Not great – when I woke up I was still very tired
3. I haven't slept in weeks



QUESTION 2:

How long does it take you to doze off?

- 1. When my head hits the pillow I am asleep**
- 2. I lay awake for a bit – nothing to worry about**
- 3. I toss and turn a lot and have difficulty falling asleep and staying asleep**



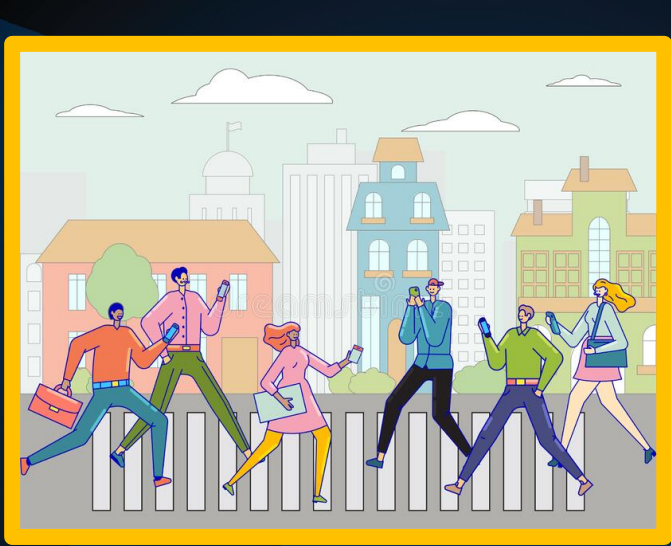
QUESTION 3: How is your mood?

1. Good – I feel fine
2. I have my moments but I am OK
3. I get angry everyday, I do not feel like myself



QUESTION 4: What is on your mind?

1. Nothing bothers me
2. It's nothing really – don't worry about it
3. 100 and 1 things are constantly in my mind



QUESTION 5:

How is your social life?

- 1. Good – I actively meet people regularly**
- 2. I feel very isolated – I need to interact more**
- 3. Non existing – I do not interact with anyone voluntarily**



QUESTION 6:

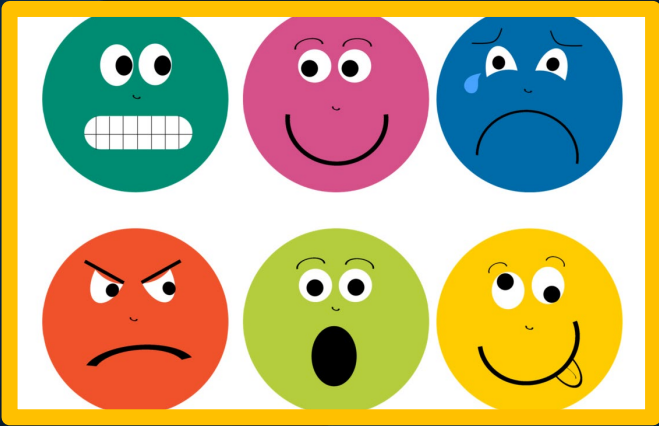
How is your social habits (drinking)?

1. I stick to reasonable limits
2. I sometimes need a drink to relax before going to bed
3. I am drinking more than I did before Covid



QUESTION 7: How is your appetite?

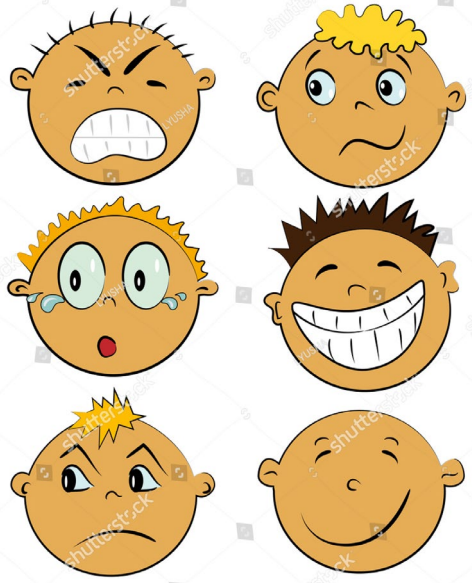
1. I eat regular nutritious meals
2. I skip meals or binge eat
3. I overeat / I am regularly not hungry or forget to eat



QUESTION 8:

Are you able to share your feelings?

1. I have a strong support network of family and friends that I share with
2. I try but I feel as if nobody wants to listen
3. I just get angry and snap at people



QUESTION 9:

How do you feel in yourself?

1. I feel strong and in good health
2. Some days are better than others
3. I constantly feel on edge. I don't feel good at all



QUESTION 10:
You have a deadline.
How do you handle it?

- 1. I manage my time, plan and prioritize**
- 2. I bite my nails and procrastinate but I get there in the end**
- 3. I cannot cope with the pressure**





VERY STRESSED

You're feeling tremendously stressed, and it might be having a detrimental effect on almost every aspect of your interpersonal relationships.



Seeking specialist help, such as psychotherapy or CBT, will help identify and hopefully resolve the source of the problem.



STRESSED

It sounds as though you're feeling stressed out by one issue or another.



The first step is to talk to someone about your problems, whether that's friends or family, and not being ashamed or embarrassed about feeling overwhelmed.



A LITTLE STRESSED

At face value you're quite calm and level headed, but when stress starts to build you often find yourself struggling or procrastinating.



Pay attention to how you speak to yourself when stressed, and think positively – say "I will", rather than "I can't".



CALM

Whatever you're doing, keep doing it – though you might feel pressure upon you from time to time, it seems as though you're able to cope with the stress.



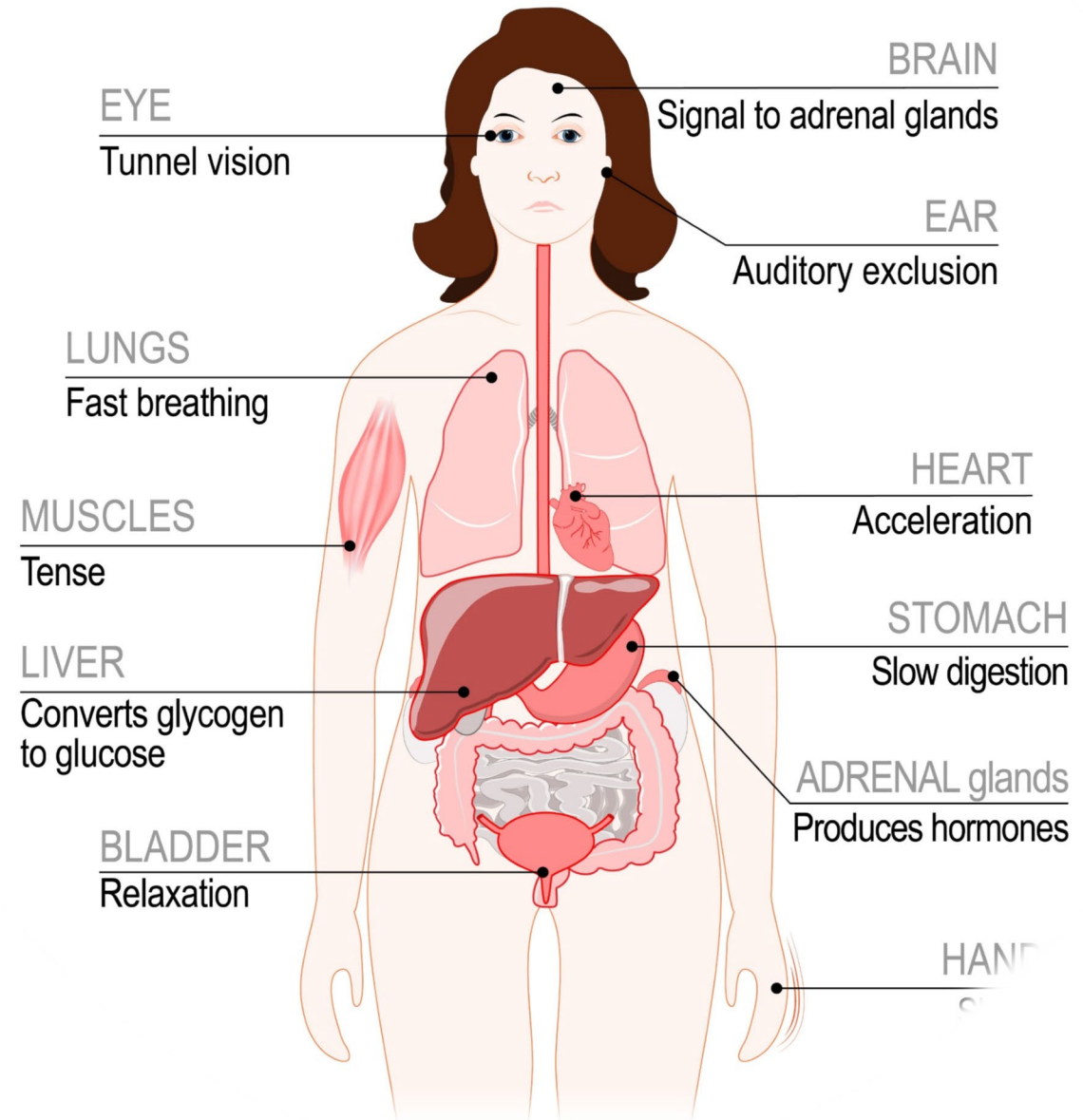
However, it never hurts to make de-stressing an active part of your daily routine, e.g. mindfulness or meditation sessions.

Body

Mind



fight-or-flight response



Different therapies: BODY



- Deep breathing
- A hot bath
- Exercise, such as running, dancing, swimming, or yoga
- Massage or acupuncture
- Taking a nap
- Spending time with a pet
- [Taking a nature walk](#)
- [Listening to soothing music](#)
- [Aromatherapy](#)

Different therapies: MIND



- Reality testing negative thoughts and catastrophic thinking
- Planning and keeping organized
- Focusing on positive life events
- Meditating
- Using positive self-talk or affirmations

Different therapies: MIND



Overgeneralization, or assuming that one negative occurrence will lead to multiple negative occurrences.

All-or-nothing thinking, or believing that something will be entirely positive or entirely negative.

Comparison, or belittling one's own achievements when they do not seem to match up to those of others.

Blame, or attributing one's failures to others. Another form of erroneous thinking is accepting blame when one is not actually responsible.

Different therapies: EMOTION

Emotions:

- Laughing or crying
- Expressing stressful emotions through art or writing
- Talking stressful events over with someone you trust
- Engaging in a hobby, such as cooking, crafting, or gardening





WHAT CAN I DO

- Routine
- Rest
- Connect and communicate
- Laugh
- Setting personal boundaries
- ME time

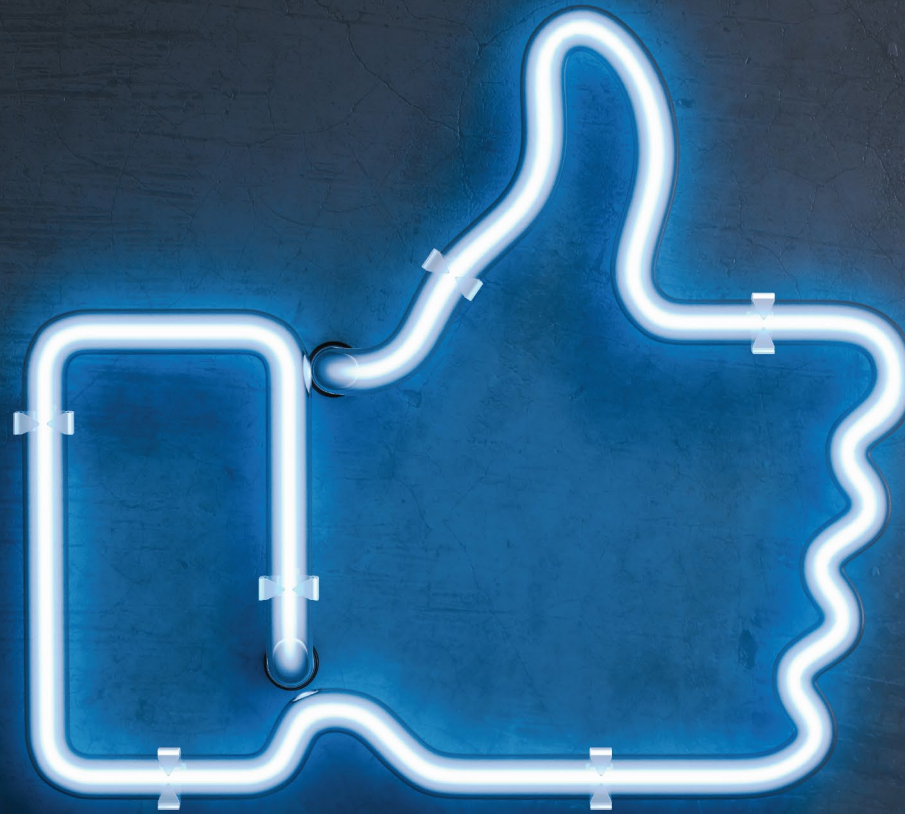
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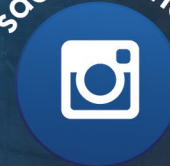
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