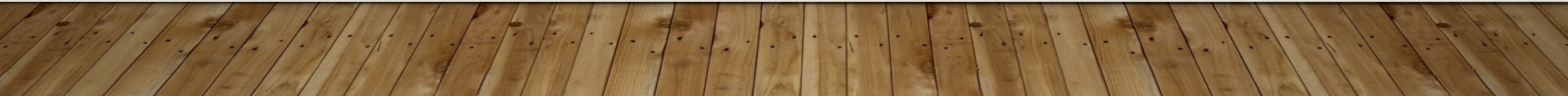


MENTAL HEALTH IN THE TIME OF A PANDEMIC

DR MWANJA CHUNDU

PSYCHIATRIST



INTRODUCTION TO THE COGNITIVE BEHAVIOURAL THERAPY (CBT) MODEL

**RESILIENCE
vs.
BURN-OUT**

Cognitive & Emotional

Impaired concentration

Grief / sadness / cynicism / helplessness

Fear / anxiety

Self-medication / substance use

Sharpened perception

Self-efficacy, self-compassion

Hopefulness, optimism

Self-awareness, sense of purpose, self-efficacy

Physiological

Sleep disruption / exhaustion

Headaches / muscle tension

Disrupted exercise, nutrition

Self-awareness, ability to rest and recuperate

Ability to relax

Ability to maintain self-care routines

Interpersonal

Withdrawal / loss of identity

Anger / conflict

Over-dedication / guilt / hyper-responsibility

Collective hopelessness

Sense of purpose, social connection

Altruism, compassion, gratitude

Self-compassion

Collective-efficacy, optimism, hopefulness

THOUGHTS

What we **think** affects
how we feel and act

CBT

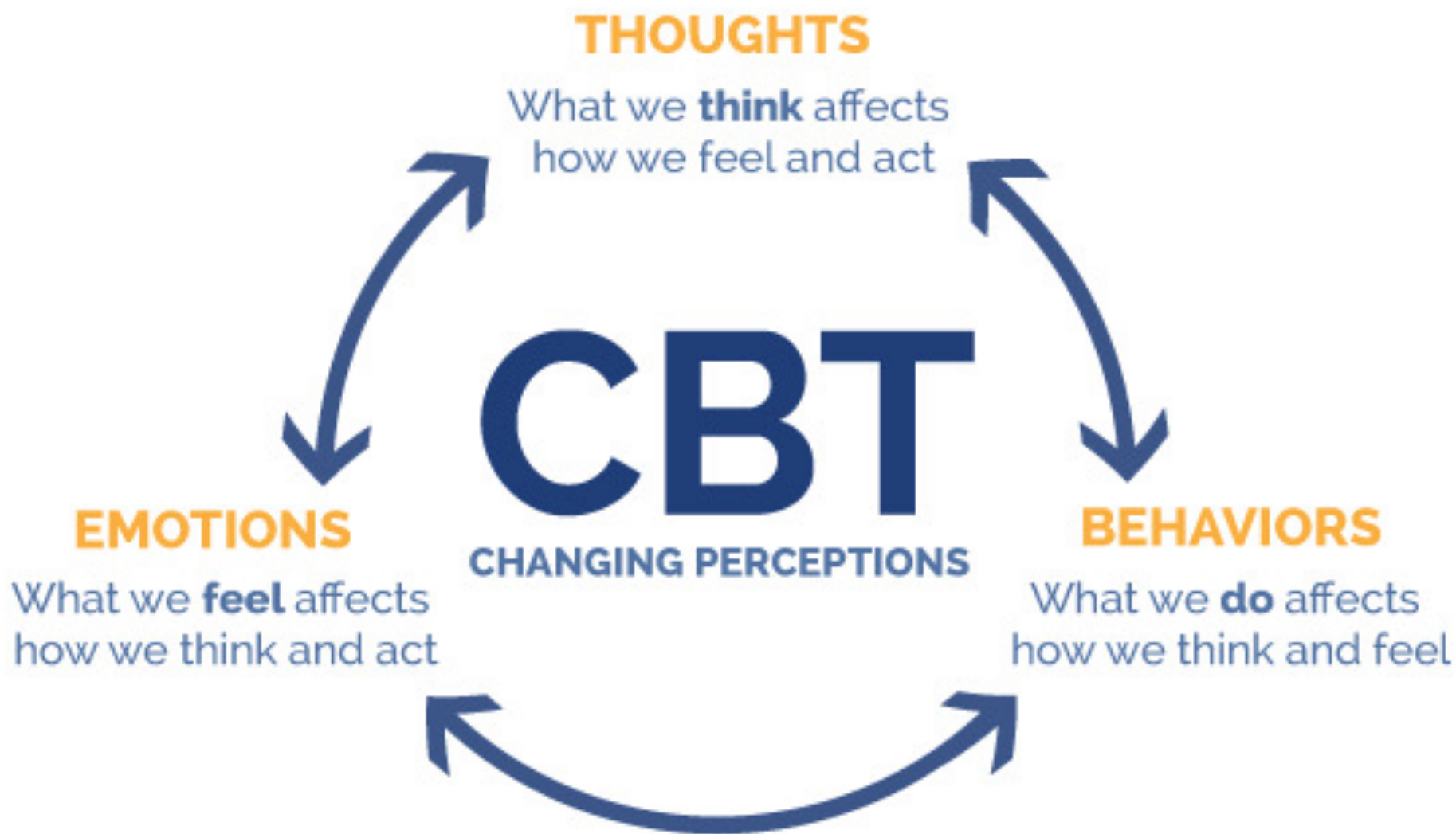
CHANGING PERCEPTIONS

BEHAVIORS

What we **do** affects
how we think and feel

EMOTIONS

What we **feel** affects
how we think and act



COGNITIVE RESTRUCTURING



Identify worrying thoughts



Test thought against real life evidence



Construct realistic attitude – helpful, self-compassionate, realistic



Exposure (experiments)

BUILDING RESILIENCE



COPING MECHANISMS: PHYSICAL WELLBEING



Sleep



Good
nutrition



Good
hydration



Flu vaccine

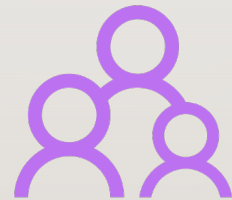


Exercise

COPING MECHANISMS: SOCIAL SUPPORT



Peer support



Family



Friends

PEER SUPPORT



CONTACT 2 – 3
TIMES WEEKLY



LISTEN



VALIDATE



GIVE FEEDBACK



ANTICIPATE
STRESSORS



IDENTIFY
STRENGTHS AND
RESOURCES



KNOW WHEN TO
SEEK
PROFESSIONAL
HELP

COPING MECHANISMS: CULTIVATING POSITIVE EMOTIONS



Expressing
gratitude



Self-
compassion



Empathy



Laughing



Music



Nature

COPING MECHANISMS: SPIRITUALITY



MEANING



SPIRITUAL AND
RELIGIOUS PRACTICES



MINDFULNESS

HELP

COUNSELLING

PSYCHOTHERAPY

MEDICATION

CONTACTS

- SADAG 0800 24 25 26
- Student Wellness Services
 - SWS student online portal:
www.dsa.uct.ac.za
 - Phone: 021 650 1020 / 1017 / 1670
 - Emergencies:
 - Night nurse after hours in residences
 - ER24 084 124
 - Local emergency room



REFERENCES

- <https://nationalsocialanxietycenter.com>