



VR Revival COVID-19 Response

YOUR HELPFUL GUIDE TO MENTAL WELLNESS

We're all in the same boat – Together. The better our cooperation, compassion, collaboration and connection with each other, the more likely we'll ride out the storm and come out stronger as one Humanity.

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#UnitedOneHumanity



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For more information, visit <https://www.vrrevival.co.uk/covid-19>





MENTAL HEALTH VS MENTAL ILLNESS

Mental Health is something that affects all of us, as it is our ability to cope with normal day to day stresses of change.

Each one of us will be on a different scale depending on how each person is able to cope better compared to another given our varying life experiences.

Mental illness on the other hand, is where a person has for example depression or is diagnosed and needs to see a Clinical Psychologist for treatment.

In this E-Book, we will only refer to Mental Health. The focus on wellbeing is emphasised in this case.



WHY SHOULD WE CARE ABOUT MENTAL HEALTH IN COVID-19?

Due to the negative effects of Covid-19, more people are hard hit and under increasing pressures due to:

- Loss of loved ones
- Worry about getting the disease
- Physical distancing
- Worry for those close to us who get sick
- Lack of support
- Rapid and lots of changes
- Loss of income
- Loss of social closeness
- Forced constraints to people's options
- Disruption to daily routine

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THE '5' HOW TOS AND TOP 10 TIPS FOR GREAT MENTAL WELLNESS

There are several steps we can implement in our daily lives to keep us on the more positive side of the wellness scale. We designed this e-book to give 5 'hints and tips' in each section covering:

How To -> Be More Organised

How To -> Deal with Fake News

How To -> Help Frontline Workers in workplace

How To -> Deal with Social Media

How to -> Keep Engaged without boredom

How to -> Consume Food and Drink

How to -> Be more Human

Summary of Top 10 Tips

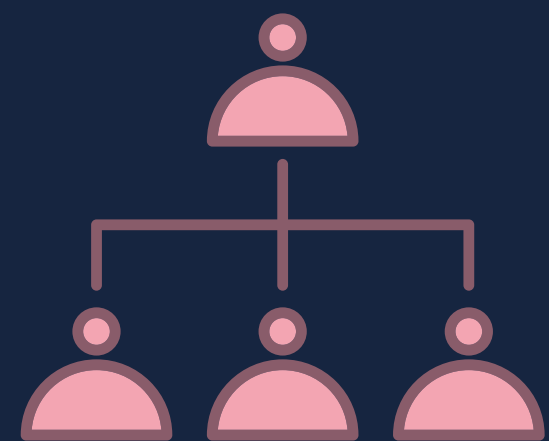


HOW TO -> BE MORE ORGANISED



To stop your productivity being affected and causing stress due to being behind on work, you can:

- Plan and structure your day in the morning by organising in a calendar, using a diary or simply having a to do list of tasks to complete
- There are several childcare services apps (e.g. Bubble) and online educational content to keep children occupied so these will need to be arranged and set up in advance
- Create your own workspace at home to give the feeling of being in an office
- Check in regularly with your employees using e.g. Zoom to make sure they're okay and use online shared project management tools like Trello and Monday.com for better project and task management
- Distinguish between your personal and professional life – in the evenings, make sure you disconnect, unwind and spend some quality time with your loved ones





HOW TO -> DEAL WITH FAKE NEWS

Fake news can lead to misinformation and it can be a double-edged sword. Try to:

- Be responsible for curating and picking your own content e.g. more content on learning, friends or kids
- Don't just believe information – double check for facts before letting it inform your decisions or actions
- Set the type of content you want alerts on by using privacy settings
- Mute or Block content or people who put out negativity or unreliable content
- Don't be influenced by some of the celebrities, politicians or influencers who promote bad behaviour

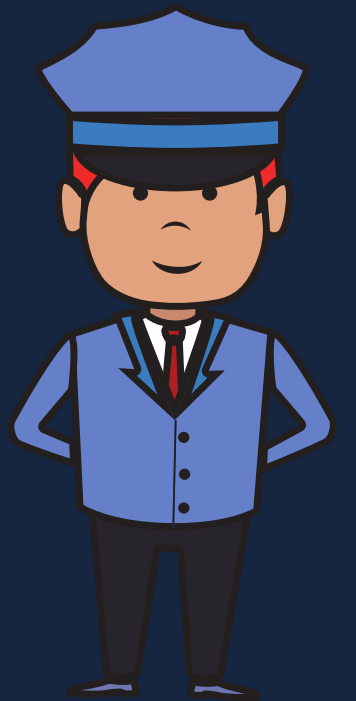


HOW TO -> HELP FRONTLINE WORKERS IN WORKPLACE



There are amazing Heroes and SHeroes who are working tirelessly and risking their lives to keep us all safe. Try to:

- Provide support by doing kind acts for them e.g. letting them get in front of queues, helping with housework while they battle with long hours etc.
- Ask how they feel and listen – don't make assumptions and try to understand their perspective
- Be attentive and try to pick up on clues of mental distress
- Bring in Psychologists or do a mental health awareness day at work
- Appreciate them by staying at home and celebrate them by thanking them for their bravery and pushing for them to get higher pay for putting their lives at risk to save us



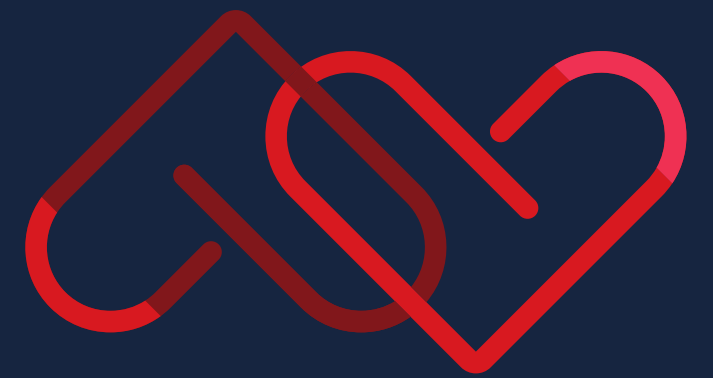
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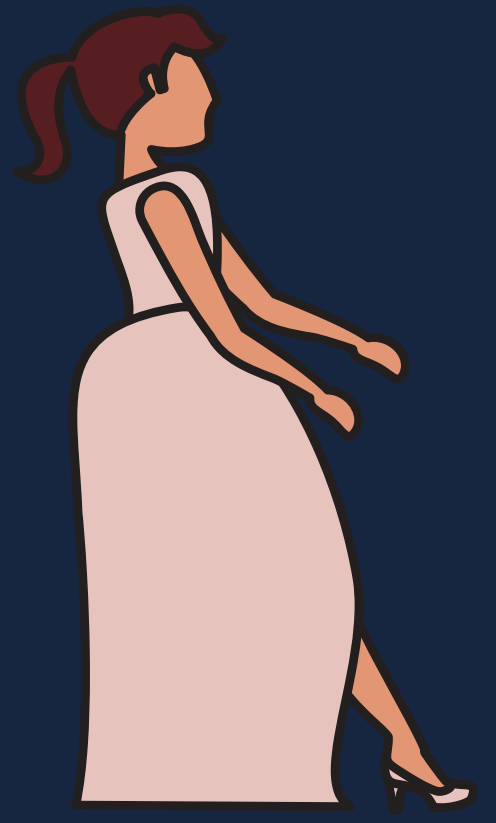


HOW TO -> DEAL WITH SOCIAL MEDIA

There has been an increase in social media use on Facebook and Twitter and especially with Millennials and Gen Z's on Tick Tok and Instagram Live. Try to:

- Use a social media monitoring app to get insight into how much time you're spending online – it may just surprise you
- Use it instead to build meaningful social connections or relationships for positive psychological wellbeing
- Spend most of the time on people that matter e.g. family, friends and community
- Use it to inspire others into action e.g. staying healthy, volunteering, connections etc.
- If prone to anxiety, limit checking time which will only reinforce the negative emotions

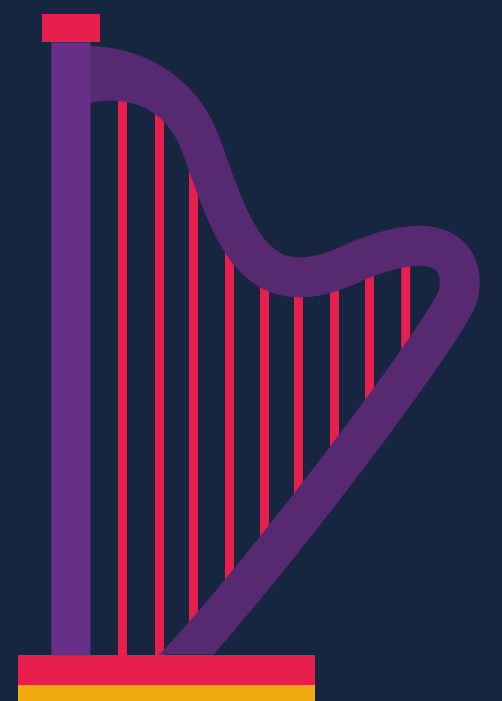




HOW TO -> KEEP ENGAGED WITHOUT BOREDOM

It is evidence that repeated consumption can lead to a decline in enjoyment and hence provide less value. You can:

- Pick up a new or complex activity to increase or sustain enjoyment e.g. coding, journaling, new language, new book, learn a new instrument, cooking etc.
- Break the mould – do something old in a completely new way and unlock your creativity e.g. online dance, yoga and exercise challenges with friends and families
- Avoid cognitive decline in older age by limiting your TV consumption to less than 3.5 hours per day
- Inject variety into your routine by going deeper or becoming an expert
- Practise mindfulness, meditation and prayer to be in the present and positive in the moment

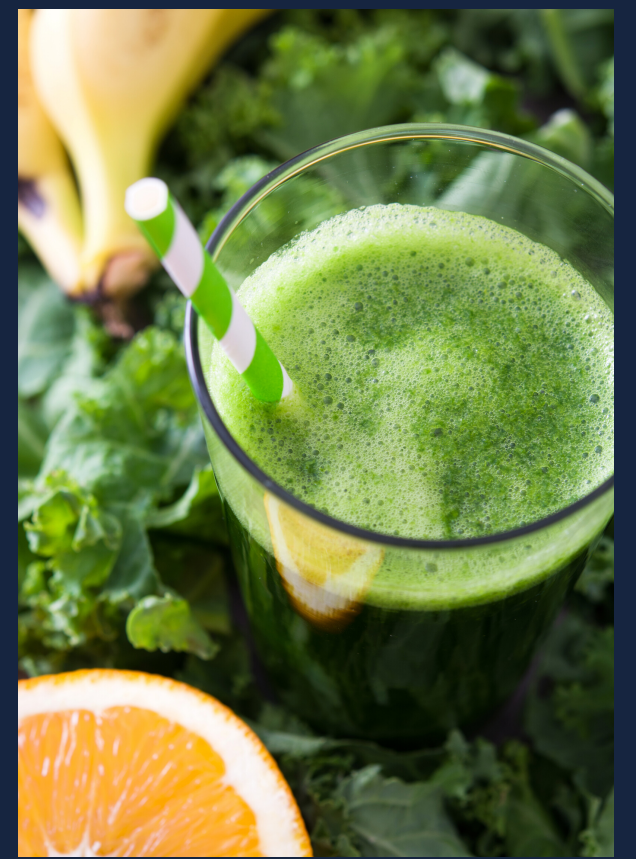




HOW TO -> CONSUME FOOD AND DRINK

What you eat or drink can have a major impact not just on your physical health, it can also impact your mental health. Try to:

- Stick to strictly warm or hot drinks – green tea with lemon, ginger and honey is great for your system
- It's tempting to want to eat a lot when bored – only try to eat when you're hungry and avoid junk food and sugars
- Eat more fruits and vegetables and take vitamins that can help balance you out
- Consult a nutritionist – possible outcomes could include supplements, going vegan, detoxing for a certain period to avoid certain food types and alcohol, intermittent fasting etc.
- Always keep hydrated and drink plenty of water

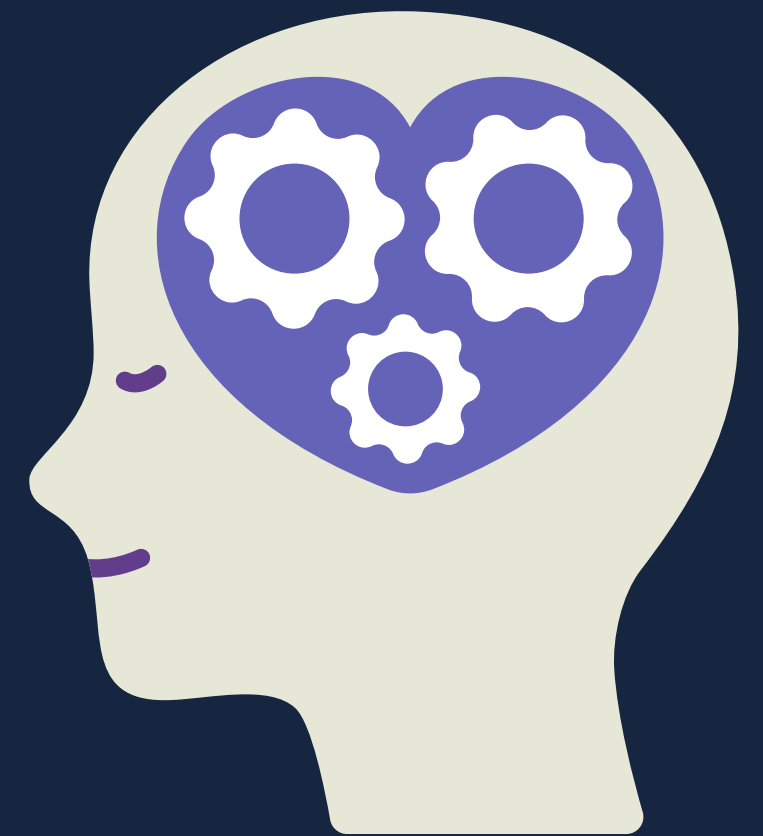




HOW TO -> BE MORE HUMAN

These are strange times where people are losing jobs, loved ones, control and constraints. It calls for lots of empathy and compassion as well as cooperation with each other. Try to:

- Be more open, reach out to people and re-connect with people who you wouldn't usually connect with online
- Share helpful resources and support each other
- Gain clarity from the leaders as to how business will be done, and leaders put your team first
- Try and learn from this change and see where efficiencies can apply after all this is over e.g. working from home 1 day a week, doing video calls instead for flying to location etc.
- Communication, compassion, connection and collaboration are key to moving forward positively



SUMMARY OF TOP 10 TIPS

1. Explore how interactions and relationships can be facilitated using technology
2. Lead by example and be the beacon of light that pulls others out of the darkness
3. Structure your day into work and family time to ensure you switch off and maintain routine
4. Limit news and media consumption and check for facts rather than theories
5. Engage in activities that improve your mental, physical and spiritual health
6. Listen to your body; keep hydrated, take regular breaks and only eat when you're hungry
7. Practise mindfulness, meditation and prayer to be present and positive in the moment
8. Reach out to those struggling especially front-line workers and show your support
9. Make the most your time and learn something new or become an expert
10. Communicate regularly with team, family and friends in a meaningful way





THANK YOU

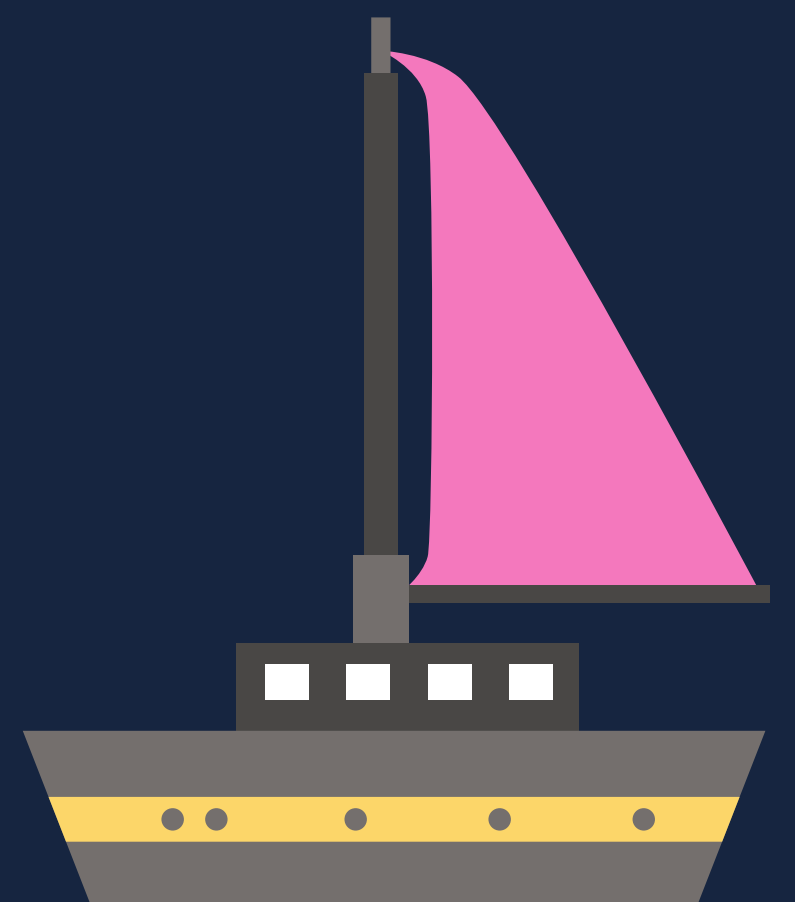
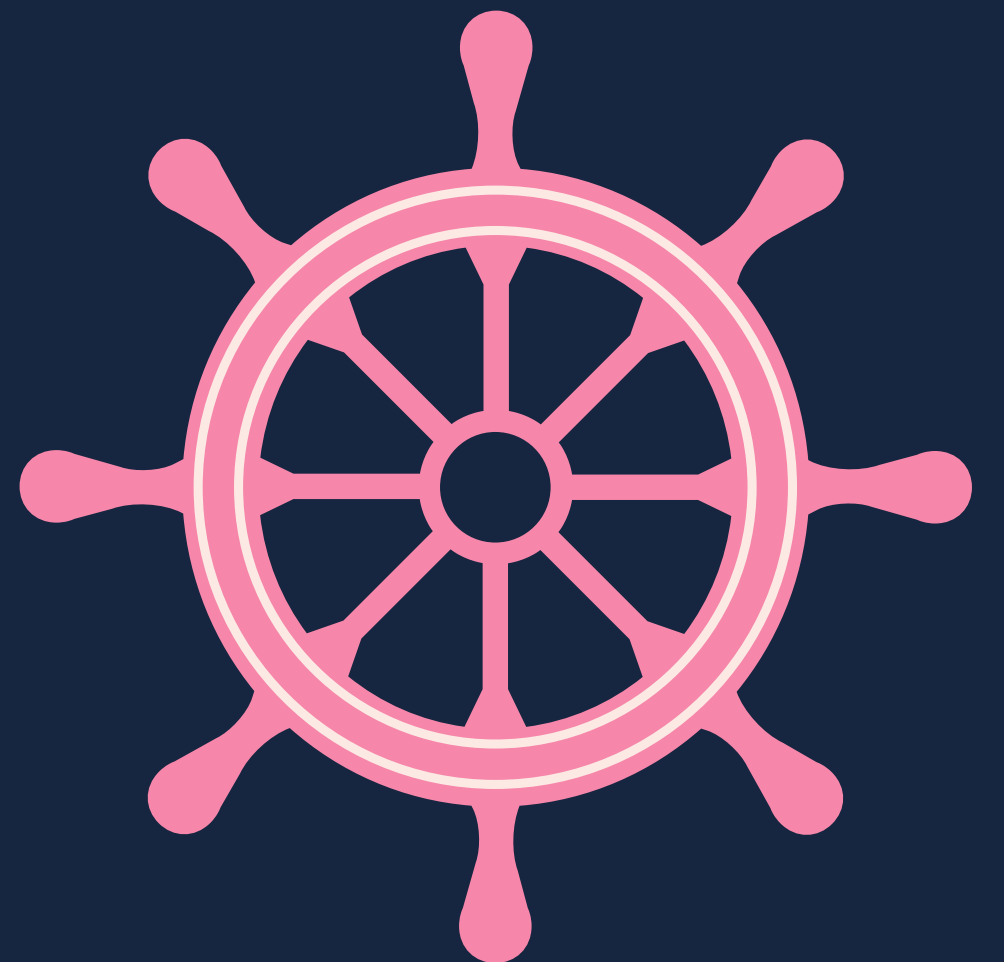
We're all in the same boat and it's about to get rocky from the cold wild waves; some people will get seasick, very few will sadly fall overboard, but the majority will survive the journey and many others will heal (97% to 99.5%). Until we safely reach the bright sunny shores, the healthy will take care of the sick, the reckless will become more conscious, the wealthy will help the poor, the leaders will back the people. Because for the first time in a long time, we each depend on one other on a global scale. The individuals collectively will become One and the light will ultimately conquer the darkness. We will survive the storm and blast off into a bright new future! We can do this.

Be Well and Be Safe.

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