

Dr.Reddy's

Coping with Anxiety and Depression during Covid19 Lockdown

Managing working from home and how to stay motivated

Tomorrow at 1pm - 2pm



Many South Africans have been forced to work from home due to the 21 day lockdown which has left many feeling overwhelmed and completely disorientated. Employees are suddenly experiencing the "freedom" of working from home and may also be experiencing anxiety sparked by a lack of supervision and direction, having little time to adjust to a new way of working, fears of job losses, along with challenges of managing technology, keeping productive, staying connected and juggling family and work responsibilities.

Join the chat tomorrow at 1pm - 2pm as Neil Bierbaum (Author, Speaker and Life & Executive Coach) goes into detail on managing working from

home and how to stay motivated. Neil will be sharing practical tips, tools and resources as well as links to free helpful downloads throughout the chat. Don't miss out.

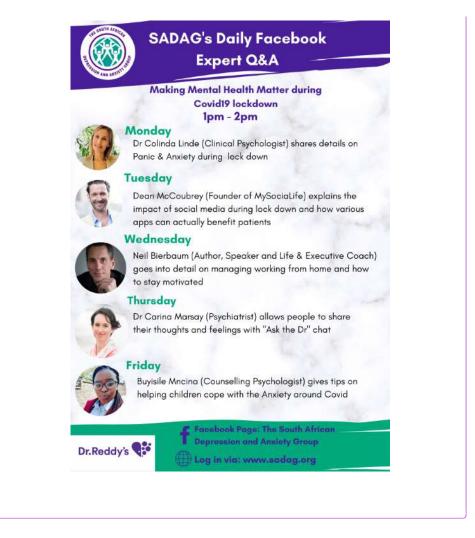
People from all around the country can access the online chat and get free expert advice from the safety of their homes via their computers or cell phones.

If you'd like to ask your questions anonymously, email them to media@anxiety.org.za and we'll post it on your behalf. Then, just watch the chat for answers.

Here are some new local articles on mental health and COVID19:

- Mental health patients urged to use essential service during lockdown. Read more in an article by Katlego at News Horn Media.
- Covid-19: How to deal with panic during the lockdown. Learn more in an articleby Itumeleng Komana at Sandton Chronicle.
- South Africa's other Covid-19 pandemic our silent mental health crisis. We are trying to protect ourselves against the virus, but how are we protecting ourselves against the psychological distress it wreaks? Learn more in an article by Kgaugelo Sebidi at Daily Maverick.

SADAG also provides FREE telephonic counselling, information and nationwide referrals to Support Groups, Psychologists, Psychiatrists, Clinics and more. Online resources such as brochures, articles and self-help videos can be found at www.sadag.org – To speak to a counsellor, call 0800 21 22 23 (7 days a week, 365 days a year, 8am - 8pm).



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