

In a world filled with uncertainty during COVID-19, asking the question “Am I okay?” helps us consider what we cannot control, choose to let go and rather focus on what we can control. We need to acknowledge that it is not abnormal to feel worry or fear during this time. Fear during this pandemic is causing much anxiety and distress, however, it is a natural emotive response to what we are facing currently; a virus that is contagious, deadly and unseen. A virus that calls for change, that creates uncertainty and forces us to adapt to new way of living and being.



NAVIGATING THROUGH FEAR

1
Be able to name the fear
and acknowledge it

Fear can come from thoughts related to what we have witnessed, heard, read or experienced. These thoughts can incapacitate and lessen our **coping potential**.

Fear can cause overwhelming emotions, which if unchecked, can lead to feelings of helplessness and hopelessness. As humans we know fear because we have the intelligence to think, discern and distinguish between what is dangerous and what is not.
We can learn how to cope with it.

2
Assess the source of your fear

Focusing on the positive side of fear through **service**.

Leading from the frontline in the best way possible.

3
Learn to cope

BEING A RESILIENT HEALTH CARER DURING COVID 19



VISION

What drives me? What motivates me? Do I understand my value and worth as a health carer?



COMPOSURE

Do I feel overwhelmed? Am I able to express my emotions? How can I navigate my current environment?



REASONING

What are the solutions? What are my options? What resources can I draw upon? What can I do to adapt to this change?



HEALTH

I need to look after my mind, body and spirit.



TENACITY

What is my plan of action? How can I proactively manage challenges faced? Through adversity I will remain optimistic.



COLLABORATION

I will network & form lasting connections with fellow classmates and colleagues. Through perfect love I can overcome fear.



HOW I BECAME A WARRIOR by Jeff Foster

“Once I ran from fear
So fear controlled me.
Until I learned to hold fear
like a newborn.
Listen to it, but not give in.
Honour it, but not worship it.
Fear could not stop me anymore.
I walked with courage into the storm.
I still have fear,
but it does not have me.”

(excerpt from poem)

ACKNOWLEDGE YOUR FEELINGS

If you are overwhelmed, please call:

Wits Student Crisis Line 0800 111 331 (Toll free 24/7/365)

or

For one-on-one assistance from the OSS, please book telephonic or online counselling through Anelisa.Mofakeng1@wits.ac.za or Kasturi.Naidoo@wits.ac.za