

Coping during Covid-19



10 things that are totally normal to feel right now

If you feel like you're not coping with the current situation – or if you are witnessing these things amongst your team members – know that these are entirely normal responses to an abnormal situation. **Over the next few days and weeks, we'll be providing you with coping mechanisms for how to deal with them.**

- 1 Burn-out:** Adjusting to a new way of living and working demands an enormous amount of energy, particularly if you didn't have time to prepare for it. Absorbing a constant stream of negative news, trying to adjust to working from home, balancing family and work demands – all in the absence of your usual stress outlets like gym or socialising – is draining and exhausting.
- 2 Anger:** frustration at being stuck in a stressful situation or one that is not of your choosing can easily lead to feelings of anger. You may feel angry at how your government is dealing with the pandemic, or angry that you can't work effectively because of family demands.
- 3 Anxiety:** in a situation where so much remains unknown, anxiety is bound to come to the fore. It might be about the state of the world, the open-endedness of a lockdown situation or fear that you or a loved one may contract the virus.
- 4 Sadness:** everyone has been forced to give up so many things they love and need. This can inevitably lead to a sense of loss. You might not be able to take a holiday that you'd really been looking forward to, attend an important family event, go for your daily run or just reconnect with those you love.
- 5 Guilt:** if you're in a situation of relative safety and security, you may feel guilty when you look at the hardship that many who are less fortunate may be experiencing.
- 6 Loneliness:** while some people enjoy the time on their own, for others being in lockdown can lead to extreme loneliness, particularly if you're the kind of person who draws energy from being around others.
- 7 A sense of being stuck:** in a situation of such uncertainty, it's difficult to plan anything. This can lead to feelings of being 'frozen in time' and rob you of the sense that you are in control of your life.
- 8 Inadequacy:** your inability to meet work expectations as you usually do, stay connected to friends who you fear may not be coping, care for an elderly loved one, or being able to entertain your children can leave you feeling like a failure at everything.
- 9 Overwhelmed:** we're all dealing with a lot right now. Feeling like you're in way over your head is a normal response to everything you have on your plate.
- 10 Calmness or even happiness:** this can arise from a feeling of relative safety, avoiding immersing yourself in negative news, enjoying being able to work from home without distractions, or simply because you are resilient.



Don't despair and above all don't beat yourself up. If you aren't coping, contact the Employee Assistance Programme in your Region for counselling and support.

Stay safe. Take care of yourself and those around you.



safety



integrity



respect



responsibility



innovation



delivery



GOLD FIELDS