



PREPARING NEW NORMAL FOR ADAPTING WITH THE COVID-19 OUTBREAK



Dr. Andik Matulesy
Webinar in Universitas Medan Area
20 Juni 2020

*Behavioral Changes
for the New Normal*



**READY FOR THE
NEW NORMAL?**



Today's reality of Life with Covid-19 :

1.



Malls are reopening

2.



Some beaches have opened for recreation

3.

The New Normal
era has been introduced,
to be applied soon
(or has been applied?).

Another Reality :

Nobody knows how long the pandemic will last or how long it will be until we can resume our regular lives.

No clear 'end' in sight.



This is going to be a year/year - and- a - half - (or more?) long reality

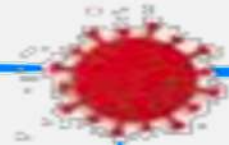


**WE HAVE TO ADAPT
OURSELVES, OUR LIFESTYLES**

Individuals do vary in their reactions to stressful situation

FEAR

- Sangat cemas/takut
- Khawatir berlebihan



INDIFFERENCE

- Meremehkan
- Menganggap Enteng

FATALISM

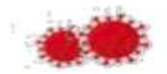
- Sudah takdir, tidak ada yg bisa dilakukan
- Pasrah, tak berdaya, "pasti pada akhirnya saya terkena"

MODERATE LEVEL OF FEAR OR ANXIETY
(Motivate people to cope with health threats)

How then, to manage our anxiety so that it can be kept at an optimum level ?

- ➔ Keep your Foundation **STRONG**,
- ➔ Develop all areas of **WELL - BEING**,
- ➔ Build your **RESILIENCE** !

Foundations of mental health



- Physical

SLEEP

- Recommend 7 to 8 hours of sleep
- Limit use of electronics before bedtime and when you first wake in the morning
- Limit intake of news/media during night and morning.



PHYSICAL ACTIVITY

- Recommend at least 60 minutes/day of physical activity.
- Multitude of benefits in exercising (both physical and psychological).
- Go on nature walks (keeping physical distance), join online gym classes.

(Bufka, 2020)



NUTRITION

- Look to dietary guidelines
- More plant based, less processed
- Be mindful of what you eat
- Stay hydrated
- Watch your use of substances

Foundations of mental health

- Social

- Utilize technology to stay connected – game night or book club !
- Encourage discussion of topics other than COVID-19
- Schedule check-ins (daily or weekly)

BEWARE :

Rules on the consumption of news and the use of social media

- Stay informed but control exposure
 - Too much news can increase stress
 - Set limits
 - Determine what/when you need to know
- Own your use of social media
 - Stress increases due to feeling that there is a lack of control
 - Disconnect when you are becoming reactionary
 - Develop 'good' habits (not first thing in morning or right before sleep)

(Bufka, 2020)

Physical distance ≠ isolation

- Ways to stay socially connected:
 - Game nights over videoconferencing
 - Scheduled phone call with loved ones
 - Joining a virtual book club
- Open communication is important, especially with children.
- Watch out for family members, friends, neighbors at greater risk for being isolated.

FOUNDATIONS OF MENTAL HEALTH

- Occupational

Teleworking

- Boundaries between home and work blurred
 - Develop and maintain a routine
 - Only check work email during designated hours
 - Avoid working on your bed
- Take "mini-breaks" between tasks.
- Maintain flexibility
- Zoom fatigue is real
- Re-examine expectations



Source : Anrilia Emma (2020)

DEVELOP ALL (OTHER) AREAS OF WELL BEING



(Bufka, 2020)

Build your resilience

Seeking help

Getting help when you need it is **IMPORTANT** in building your resilience ..

YOU ARE NOT ALONE ON THE JOURNEY.

While you may NOT be able to control all of your circumstances, you can GROW by focusing on the aspects of life's challenges you can manage with the support of loved ones and trusted professionals.

IT IS INDEED A CHOICE:

Covid-19 pandemi as a **CHALLENGE** to be met, or a **threat to be feared**.

This is, to me, a challenge to be met, not a threat to overcome.



Psychological Service for Mental Health

HIERARCHY OF PSYCHOLOGICAL SERVICE



Other Institution
or Professional



FOLLOW UP



119
Ext. 8



**MENTAL HEALTH
PROGRAM**



HIMPUNAN
PSIKOLOGI
INDONESIA

menghadirkan

Layanan Psikologi untuk Sehat Jiwa

“SEJIWA”

hubungi: dan tekan:

119-8

untuk mendapatkan
bantuan
Relawan Psikologi
dari
Himpunan
Psikologi
Indonesia
(HIMPSI)

Persoalan masyarakat yang akan dibantu adalah gangguan emosional atau permasalahan psikologis yang terkait dengan pandemi COVID-19, antara lain:

Kekhawatiran, Kecemasan, Ketakutan, Stres, atau Merasa memiliki permasalahan psikologis, karena lama di rumah, terkena PHK, konflik keluarga, dan sebagainya



HIMPUNAN
PSIKOLOGI
INDONESIA

menghadirkan

Layanan Psikologi untuk Sehat Jiwa

“SEJIWA”

hubungi: dan tekan:

119-8

untuk mendapatkan
bantuan
Relawan Psikologi
dari
Himpunan
Psikologi
Indonesia
(HIMPSI)

Persoalan masyarakat yang akan dibantu adalah gangguan emosional atau permasalahan psikologis yang terkait dengan pandemi COVID-19, antara lain:

Kekhawatiran, Kecemasan, Ketakutan, Stres, atau Merasa memiliki permasalahan psikologis, karena lama di rumah, terkena PHK, konflik keluarga, dan sebagainya



INFORMASI SELURUH KEGIATAN LAYANAN PSIKOLOGI COVID-19



- 1. <https://bit.ly/himpsieducovid>
- 2. <https://bit.ly/bantuanpsikologi>
- 3. <https://publikasi.himpsi.or.id>
- 4. <https://bit.ly/relaksasipsikologis>
- 5. <https://bit.ly/himpsipeduli>
- 6. <https://bit.ly/rujukan119>

A collage of words expressing gratitude in various languages, centered around the words "Thank" and "You".

Words included:

- Vinaka, Dankscheen, Спасибо, köszönöm, Kiitos, Maake, Asante, Shukria, Dhanyavadagalu, Manana, Dankon, 감사합니다, Kam Sah Hammida, ارأکش, Mauruuru, Biyan, Matondo, Dank Je, Dankscheen, Спасибо, Chokrane, Diolch i Chi, Terima Kasih, Taiku, Tack, Blagodaram, Ngiyabonga, Dziekuje, Arigato, Grazie, Mochchakkeram, Juspaxar, Gracias, Khap, Paldies, Tingki, Gratias Tibi, நன்றி, Bedankt, Dakujem, धन्यवाद, cảm ơn bạn, Ua Tsaug Rau Koj, Grazas, Mèsi, Kia Ora, Kop Khun, Obrigado, Dėkuji, Nirringrazzjak, Hvala, Welalin, Di Ou, Merci, Go Raibh Maith Agat, Djere Dieuf, Eskerrik Askó, Suksama, Rahmat, Matur Nuwun, 谢谢, xвала, Danke, Misaotra, Matur Nuwun, 谢谢, Najis Tuke, Matur Nuwun, 谢谢