

COVID-19: The Impact of New Norms on Well- being



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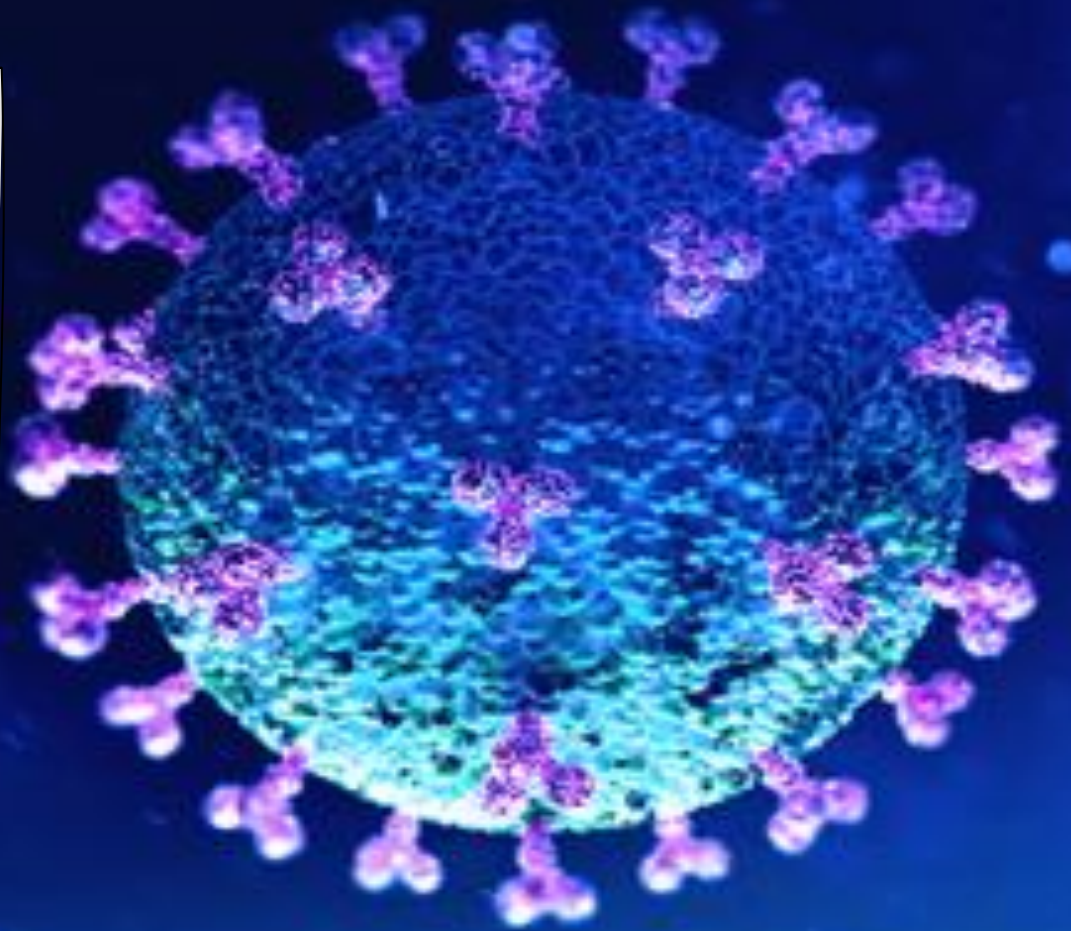
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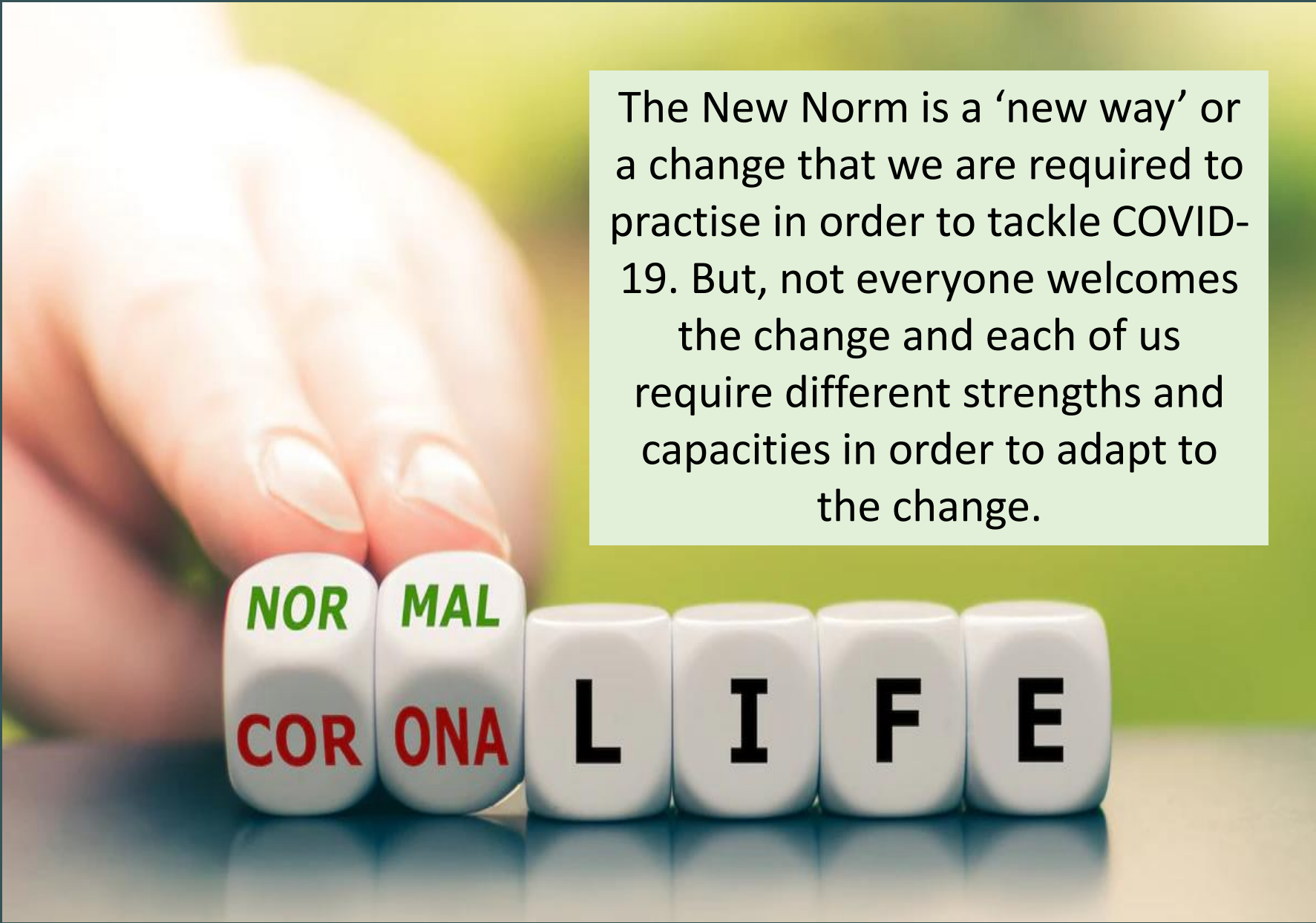
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The unpredicted outbreak of COVID-19 pandemic has caused tremendous impact on our lives at a greater level. The impact of this pandemic has not only affected the worlds' economy but also has put our well-being at stake.



A close-up photograph of a hand with light-colored nail polish moving a white block. The blocks are arranged to spell out 'NORMAL LIFE'. The first two blocks, 'NOR' and 'MAL', have their top faces in green and bottom faces in red. The remaining four blocks, 'L', 'I', 'F', and 'E', have black text on their top faces. The background is a soft-focus green and yellow.

The New Norm is a 'new way' or a change that we are required to practise in order to tackle COVID-19. But, not everyone welcomes the change and each of us require different strengths and capacities in order to adapt to the change.

NOR MAL
COR ONA **L I F E**

IMPACTS:

1. Change of Lifestyle

- Changeover from freedom to restricted movements.
- From normal to restricted life practices (cannot travel, not allowed to dine-in).
- Usage of virtual platforms can lead to addiction and dependency on the Internet.



2. Increase of mental health cases

- Unpredictable and inconsistent change has led to a spike in the number of mental health cases in worldwide.
- Mental health cases such depression, anxiety and suicide are at a peak.



3. Lack of Contact with others

- Limits normal social engagement.
- Leads to communication issues and poor social skills.
- May result in loneliness which happens due to lack of or disruption of support system.





4. Triggers social anxiety

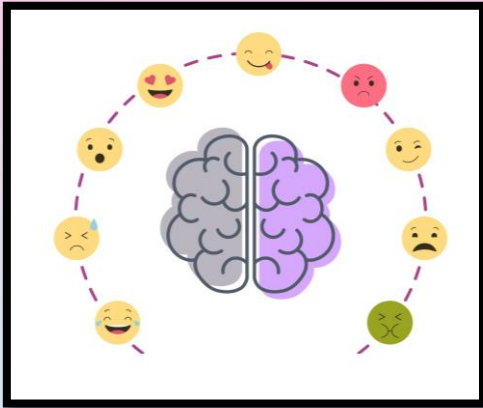
- Excessive worry about the spread of virus and implementation of social distancing elevates the fear of social anxiety.
- Feeling of being uncomfortable with people.



5. Increase in abuse cases

Abuse cases especially domestic abuse cases have increased during this period which have put victims in a vulnerable state besides giving the opportunity to the perpetrators to harm the victims.

What we can do?

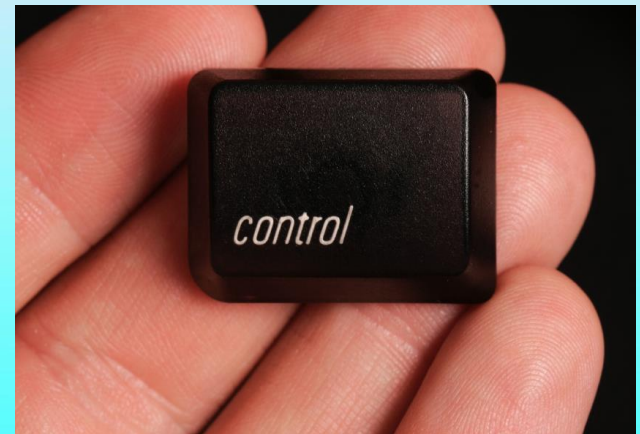


1. Acknowledge

Notice and identify the thoughts and emotions that contribute to your uncertainties. Accept and acknowledge those thoughts and emotions rather than avoid or ignore them.

2. Focus on things within your control

Identify things under your control such as your reactions, perspectives, choices, decisions, coping skills, etc. which can be helpful in managing the situation better rather than focusing on things out of your control.





3. Coping Skills

Check your physical, emotional and social coping skills which can be practised as ways to manage overwhelming or distressing situations.

4. Self-Care

Practice self-care methods as one of the ways to cherish and taking care of your well-being. Having 'ME' time and doing things that make you feel better will enhance and contribute to better psychological well-being.



5. Support System

Having someone to support not only brightens the day but also gives assurance that we are not alone. Find your support system and don't feel afraid to look for help when needed.

Resources for helpline

In-campus:

Student Development and Counselling Department

03-9101 8880 (Ext 2435/2086/2087/2088)

sacounselling@ucsiuniversity.edu.my

External:

Domestic Violence/Abuse/Sexual Harassment

- **Woman's Aid Organisation (WAO) (24/7)**
03-7956 3488 (Call)/018-988 8058 (WhatsApp/SMS TINA)
- **All Women's Action Society (AWAM)**
016-2374221 (9.30am- 4.30pm)

MENTAL HEALTH SUPPORT RESOURCES/HOTLINES FOR STUDENTS



T Tamil
E English
M Malay
C Chinese

Resources for helpline

Malaysian Mental Health Association

Mon - Fri : 10am - 5pm

017 - 613 3039

C **E** **M**

Talian Rahmah

Every day : 10am - 4pm

011- 5773 1036

M

Than Hsiang Mitra Welfare Centre

Mon - Fri, Sunday - 7.30pm - 9.30pm

Zoom Office hour : Mon - Sat, 9am - 5pm

Hotline: 011-36018303/010-8217681

C

Mercy Malaysia

Mon - Fri: 8am - 5pm

03- 2935 9935 | 014 - 322 3392

011 - 639 96482 | 011 - 639 94236

T **E** **M**

Gem Fellowship

Mon - Fri : 7.30pm - 9.30pm

Wed- Fri: 2pm - 4pm

011 - 2528 9610 | 011- 599 44384

E **M**

Sneham Malaysia (Suicide Prevention Hotline)

Every day: 4pm - 8pm

1800 22 5757

T **E** **M**

MyCareCoV19

Mon - Fri: 8.30am - 4.30pm

03 - 8870 7519 / 7527 / 7528

03 - 8880 4300

Email: mycarecov19@islam.gov.my

M

Children Helpline

Daily : 3pm - 12am

016-721 3065

T **E** **M**

Befrienders

24/7 Hotline

03-7627 2929

sam@befrienders.org.my

Skype :BefKL Skype 1

C **T** **E** **M**

Talian Kasih

Every day: 8pm - 12am

Domestic Abuse: 24 hours

15999 | WhatsApp: 019 - 2615999

C **T** **E** **M**

Life Line

Mon, Tue, Thurs, Fri : 10am - 12pm

Mon, Fri, Sat : 2pm - 4pm | Mon - Fri : 6pm - 10pm

011-315 71495 / 016 - 720 1495

counselling@lifeline.org.my

C

Telenisa (Sisters in Islam)

Every day: 8am - 10pm

011 - 2370 1006

telenisa.sis@gmail.com

E **M**

Pelita

Tue - Thurs : 8pm - 10pm

03 - 2022 5505

pelita@ybam.org.my

C

UNHCR (Helpline for Refugees and Asylum Seekers)

Multilingual

Refer to link for complete list of operating times for different languages