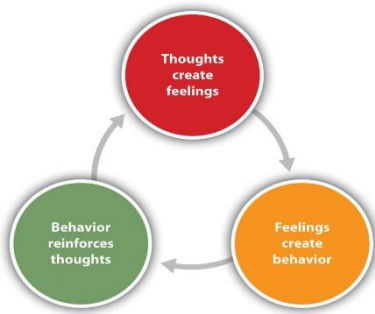


GEAR UP TOOLKIT

Psychological And Occupational Safety

Module 1-Introduction

The Global Pandemic has taught us to take our basic needs (safe shelter, groceries, sufficient supplies of water etc.). Just like the health care providers need a PPE (personal protective equipment) to stay safe from physical contagions, we need to protect ourselves from negative emotional contagion by being mindful about using Psychological PPE.



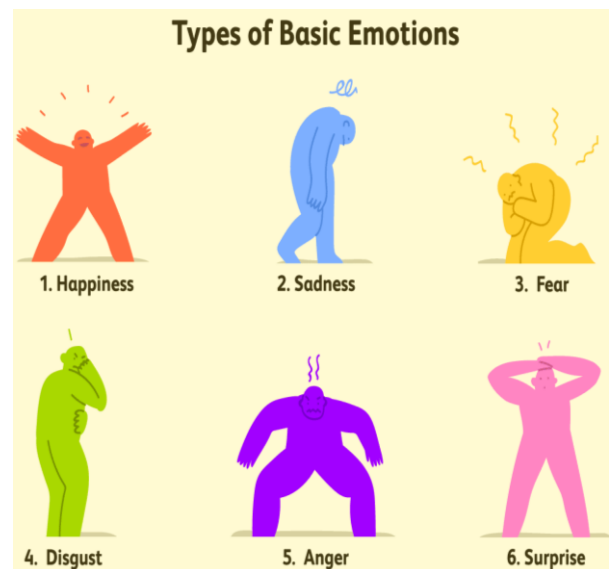
It essentially means providing the same concern and care towards yourself as you extend it to others while you safeguard the boundaries of online content in your role of Digital Guardians.

Mental wellbeing is an important pillar of holistic well-being, as it impacts your outlook to life, your relationships, and your health. It is the ability to produce positive emotions, moods thoughts and feelings and adapt when confronted with adversity and stressful situations.

Mental wellbeing and Stigma

Stigma (hesitation, fear and shame against the emotional distress) has been identified as one of the key barriers to successful engagement and seeking meaningful support for the mental issues that one undergoes. To overcome self-stigma, it becomes critical to identify the ones that exist within you. It is critical that you:

Know your emotions	What are those feelings; label them. What has triggered them? How appropriate are they in the given situation? How often do they come up? Are you responding or reacting to them? Can you do something to take care of yourself when they come up?
Reach out	Connect with your Wellness coaches. They can help you manage your emotions effectively and to look at life-events objectively. Know that you can talk about your personal and work stressors; without being judged.
Remember	There's no health without emotional health!



Healing takes time and asking for help is a courageous step.

Feel free to email Gocoaches@silveroakhealth.com or dial 080 47484518 (24*7) for any queries and appointments