



It's the way we're *wired* 

MENTAL HEALTH AND WELLBEING FAQ



**GET IN
TOUCH
WITH US**



info@belgiumcampus.ac.za



[@BelgiumCampusSA](https://www.facebook.com/BelgiumCampusSA)



+27 10 593 5368



[@BelgiumCampus](https://twitter.com/BelgiumCampus)



138 Berg Avenue
Heatherdale (Akasia) Pretoria,
South Africa



[/BelgiumCampus](https://www.youtube.com/BelgiumCampus)

MENTAL HEALTH

1. How do I protect my Mental Health during this time?

- Being positive and motivated is one way to assist your mental health, especially with great uncertainty at this time. Acknowledge and accept your feelings. Talk to someone you trust.

2. Is there any difference in adjusting to the new lifestyle that Covid19 has brought to South African citizens?

- Yes, there is a difference for some is it is living with a large amount of people in one household and others not seeing their loved ones. New dress codes and the restriction on movement are some of many adjustments that must be made. See the guideline on mental health in terms of how to adjust to the new lifestyle.

3. How do I stay mentally prepared for the upcoming uncertainty?

- Taking one day at a time and step by step actions are best the solutions for this difficult time. Being content with yourself and your environment is one way of being mentally prepared. This is discussed further in the guidelines.

PHYSICAL HEALTH

1. How do I stay fit during this time?

- YouTube exercise videos and practice them in a good and safe environment. This also assists positively in your mental well-being. You can also download fitness Apps to stay fit and keep track of your progress. This is usually the best option. Set an hour a day to keep yourself physically healthy.

2. How important is it to stay healthy?

- Refer to the guideline on what is healthy. Staying physically, mentally and socially healthy is very important as this is the "whole sum of the body" which contributes to a successful individual.

3. Is self-care essential?

- Yes, it is especially during this time. Self-care has not been so important as how it is at this moment. There has been large emphasis on self-care by the HPCSA (Health Professional Council of South Africa) and the PsySAA (Psychological Society of South Africa). Stress and anxiety levels increase and leaving one feeling overwhelmed. Do something that you enjoy for at least one hour a day or once a week depending on your schedule but make time for yourself.

SOCIAL HEALTH

1. How do I socialise during lockdown?

- By making use of online platform as this is a great opportunity to explore the IT world and not feel alone. Set up dates and time to have a casual chat with a loved one. Use Zoom, skype, WhatsApp video or call.

2. Is socialising important?

- Yes, it is, being in touch with your external and internal world is important. Knowing what is happening around you is essential to one's sanity. Keeping up with the times and the general news of what is happening in the world of today is important.

3. Being in a full house and adjusting to the demand of being a student

- This is a new learning curve for many students out there. Adjusting to online classes, having chores and responsibilities to do makes it quite difficult to achieve your academic goals. Structure and time management is a skill that is required. Speak to your loved ones in sharing the activities/chores and maintain privacy while you are working on your academic career. Further is discussed in the guidelines.

ACADEMICS

1. What is digital citizenship?

- "refers to the responsible use of technology by anyone who uses computers, the Internet, and digital devices to engage with society on any level" (<https://www.aeseducation.com/blog/what-is-digital-citizenship>)

2. How do I learn effectively from home?

- Refer to the guideline provided in detail. Avoid distractions (Internally and externally), be in a safe, comfortable space. Start your day early, like how you would normally. Have a timetable or routine to your day.

3. Can I my work environment (during lockdown) affect my academic performance?

- Studies have shown that being in a comfortable and safe space affects your academics results positively. Your environment contributes to your thinking patterns and behaviour thus results in how much effort you put in your work. For example: if you have an environment which is healthy, spacious and safe, you enjoy working there thus being productive comparing to a space where it is uncomfortable, noisy and full of distractions, results will be influenced negatively.