



Journey through the pandemic

Tips for health and healing
from TSIBA students & staff

July, 2021

With Appreciation

This "Tips for health and healing" is the final product in the **TSIBA: Journey through the pandemic** event.

The brainchild of the safety team, this booklet contains thoughts, advice and tips, all generously shared by TSIBA students and staff as they encountered the reality of the Coronavirus for themselves. Although they have all fought a common enemy, their experiences of the virus have all been different. Some of our TSIBA family have fought frightening symptoms and even months later find themselves still inching their way to full recovery. Others have been helpless as loved ones became gravely ill or died during the pandemic, and as a tragic by-product of COVID, were forced to experience the devastation of grief in isolation.

Significantly, still, others found themselves with few or no symptoms, but because of a positive diagnosis, they were compelled with their household to a long lonely period of quarantine.

Stories about the time of COVID will no doubt be told in the future with remembrances of fear and anxiety. But, after this **Journey through the pandemic** event, perhaps those who know TSIBA will tell other stories. Stories of challenges faced and overcame; students and academics pushed through new learning frontiers to fulfil their academic programme of resilient young people, who rose in creativity, entrepreneurship and community leadership. This will be the testament story of the TSIBA journey through the pandemic.

This booklet is choc-full of helpful effective tips and each page contains [links](#) for you to further explore a host of useful material

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Physical

The immune system is our body's first line of defence

IMMUNE BOOSTERS

Natural Immune Boosters will strengthen your body's response system and help to fight viruses. Immune boosters are found in spices & seasonings around us and can be made into a tea, a smoothie or cooked into food

MEDICATION

- Use paracetamol to bring down fever and disprin/aspirin to control aches and pains
- Vitamins and minerals are helpful in tablet form especially vitamins B&C .
- Get a healthy dose of vitamin D by spending at least 20 minutes in sunshine
- Zinc is great for warding off colds and can be found in lozenges and tablets
- Inhale or spray Eucalyptus oil ; Use menthol vapour rubs

BODY ACTIVATION

- Use steam inhalation to relieve congested airways
- Bring down a fever with tepid sponging
- Activate good sleep habits
- Learn techniques to improve oxygenation



EAT FOOD RICH IN ANTIOXIDANTS

- Antioxidants help protect the body's cells and ward off damage or infection
- Eat Red, Green and orange fruits and vegetables

Sweet Melon

Citrus

Avocado

Strawberries

Apples

Cranberries

Broccoli

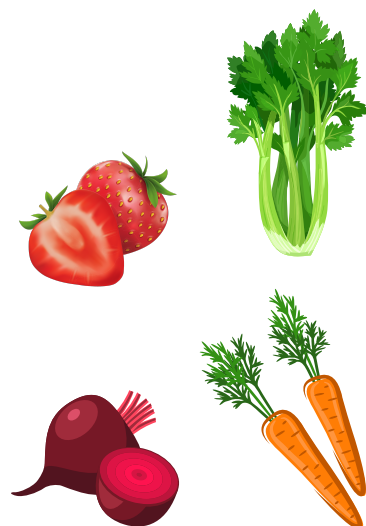
Leafy greens

Celery

Carrots

Spring Onions

Beetroot



15 immune-boosting foods

Garlic

Ginger

Honey

Cinnamon

Lemon

Cayenne Pepper

Turmeric

*Change the way you
look at things, and the
things you look at will
change*
Wayne W. Dyer



SOCIAL DISTANCE WEAR A MASK SANITISE HANDS

Cognitive

Think about your thinking

Improved cognitive abilities help you cope better with stress, become resilient and face uncertainty more positively

Try the Japanese art of forest bathing
Shinrin-yoku

IMPROVE YOUR CREATIVE & CRITICAL THINKING SKILLS

- Learn a new skill/hobby.
- Try art activities
Draw even from your phone or tablet
- Be open to new experiences
- Try something mentally challenging

SPEAK TO A COUNSELLOR

- Talk therapy has been proven to strengthen connections in the brain
- Safely and confidentially share your thoughts and
- A counsellor can sharpen your awareness of thinking processes

Become skilled at mindfulness

Allow yourself to be in the present moment,
Accepting and connecting
Decreases anxiety
Improves focus and concentration
Increases productivity
Reduces physical stress

Regularly practice mindfulness exercises

Do negative thoughts have you stuck?

Your mind can get fixed in a loop of anxiety and negative thoughts, keeping you depressed and fearful. Learn how to distance yourself from these thoughts and to dis-empower them.

**Don't believe
everything you think.
Your body may be on
lockdown, but your
brain can still go to
gym**



**SOCIAL DISTANCE
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Behavioural

What are you doing to make a difference?

VOLUNTEER AND PAY-IT-FORWARD

Even in extreme lock-down, you can volunteer time and effort

- Volunteer at a local soup kitchen
- Learn to crochet or knit and donate beanies/scarves
- Grow vegetables from seed and donate them to a food garden

BE ACTIVE

- Light and consistent exercise, of about 150 minutes per week is beneficial for heart, lungs and brain
- Increase core stamina and body flexibility and reduce stress with Yoga or Tai Chi
- Go for walks or gentle hikes in nature (parks & beaches are open)

BUILD CONNECTIONS

- Write, email and whatsapp friends and family regularly, keep in touch with loved ones
- Join whatsapp or facebook groups of interest
- Cut costs and group call family & friends via Google Meet, Google Duo or Zoom

BE STILL

- Relaxation calms the mind and body
- Listen to music you enjoy
- Learn mindfulness techniques
- Sit quietly in nature
- Use an App to guide your stillness

Volunteer and pay-it-forward



**The future depends on
what you do today
Mahatma Gandhi**

**SOCIAL DISTANCE
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Emotional

Act on your feelings

The unprecedented nature of the COVID-19 pandemic means that our emotions are often extreme and sometimes we may feel out of control.

Acceptance and Commitment Therapy (ACT) teaches us that all emotions need to be accepted willingly as they are telling of our values and meaning in our lives. Although painful emotions, such as grief, anxiety and fear can be difficult to deal with, avoiding them can lead to problematic behaviours and make the feelings worse. Defusing our negative thoughts, being mindful and taking committed action toward our values helps us grow psychologically flexible and emotionally strong

Learn more about ACT and complete a [FREE online student course](#)

When you're feeling low

Emotions are brain activated, and some activities release "happy" brain chemicals that can lighten your mood

- **G**o for a run or brisk walk
- **V**olunteer at an NGO
- **S**pend time (virtually) with good friends
- **T**alk about your feelings
- **S**elf Care, do things that make you feel good
- **S**pend time **J**ournalling

Are you moody?

If you find that you are experiencing troublesome mood swings, use a [mood tracker](#) to monitor your symptoms and possible triggers. Keep a record of your moods online, on a printable, or through an app on your phone.



It is normal to feel down every now and then, but when feelings such as sadness, hopelessness and despair are constantly present you may have depression.

You can check your symptoms on the internet, or speak to a TSIBA [counsellor](#) or other [FREE online](#) counsellor

Happy talk, keep talkin' happy talk,
Talk about things you'd like to do.
You got to have a dream,
If you don't have a dream,
How are you gonna have a dream come true?
Rodgers & Hammerstein, South Pacific, 1949

SOCIAL DISTANCE
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Spiritual

Explore meaning and purpose in your life

Give yourself a deeper immunity

Even early research on the effects of COVID shows that religious and spiritual practices are a protective factor for psychological, mental and physical health during this pandemic.

(Coppola, et al, 2021)

The nature of the pandemic means that the awareness of death and suffering is very present. If you are experiencing bereavement, or are worried by thoughts of death and dying, talking it through with a caring person can help.

- TSIBA [counsellors](#)
- Mentor or Elder
- Religious leader
- Spiritual counsellor

Strengthen the soul

- Perform an act of kindness
- Appreciate with gratitude
- Give comfort to someone feeling anxious or lost

Prayer & Meditation

Meditation and prayer can be gifts you give yourself

Benefits:

- Deepening self-awareness
- Reduce anxiety, depression & stress
- Peace of mind
- Thankfulness



**We are not living in fear.
We are living in faith.**

Live your life "on purpose"

Living a meaningful and value-driven life gives deep inner satisfaction. Let your actions be guided by your core values even in this crisis

- What do you want to stand for in the face of this crisis?
- What sort of person do you want to be, as you go through this?
- How do you want to treat yourself and others?

SOCIAL DISTANCE WEAR A MASK SANITISE HANDS

Resources

[COVID-19 website, DOH](#)

[Vaccination information](#)

[Lockdown regulations](#)

[World COVID statistics](#)

[World Health Organization](#)

Guidelines for caring for a COVID-19 positive patient at home

- The patient should be in a separate room or at least 1m away from others in the household.
- The patient and caregivers must wear masks at all times when engaging with the patient.
- Feed the patient separately, and don't share dishes/cups/cutlery. Wear gloves when handling any patient bedding or serving items. Wash the patient's utensils and laundry separately.
- Dispose safely of gloves used for patient care.
- Caregivers should change, dispose of or wash masks immediately after working with the patient.
- Waste from the patient (e.g. tissues) must be disposed of in strong tightly sealed bags.
- Wash/sanitize hands after taking off gloves or handling used items.
- Surfaces touched by the patient must be regularly dis-infected.
- Ensure good ventilation by keeping windows/and or doors open as much as possible.
- If possible, appoint just one healthy person to be the patient's caregiver.
- Others in the house should avoid contact with the patient.
- Visitors are not allowed in the house.

Healthcare & Support Services

False Bay Hospital, Fish Hoek

021 782 1121

Victoria Hospital, Wynberg

021 799 1111

New Somerset Hospital, City

021 402 6911

Groote Schuur Hospital, City

021 404 9111

Karl Bremmer Hospital, Belville

021 928 1911

Gugulethu Day Hospital

021 633 0020

Tygerberg Hospital

021 938 4911

Mitchells Plain Hospital

021 337 4300

Melomed Bellville

021 948 8131

MediClinic, Constantiaberg

021 799 2911

Mediclinic, Milnerton

021 529 9000

Life, Vincent Palotti, Pinelands

021 506 5111

Red Cross WM Children's Hospital

021 658 5111

Lifeline Western Cape

021 461 1113

Grants & Food Parcels

0800 60 10 11

<https://www.sassa.gov.za/>

Domestic Abuse

Mosaic, 021 761 7585