



**Are you having a tough time coping
with your emotions during this pandemic?
Is it taking a toll on your
mental well-being?**

**Join us for these talks to
learn how to protect and boost
your mental health.**

**3 Oct 2020, Sat
11am - 12pm**

Stay Connected: Coping with Depression During the Pandemic

While we try our best to stay safe and practise physical distancing — a term that the World Health Organization (WHO) has rephrased to be mindful of the detrimental effects that social disconnectedness can bring to our mental health — what have we done to maintain our mental well-being? Do we have enough in our bag of coping strategies to get us through this pandemic? This talk explores how we can cultivate strength during trying times by remaining connected to, and where necessary modifying, practical strategies that work.



Speaker

Mr Lim Wee Onn

Senior Clinical Psychologist,
Mood Disorders Unit,
Department of Mood and Anxiety,
Institute of Mental Health

**17 Oct 2020, Sat
11am - 12pm**

Stress Management Amid an Age of Uncertainty

It can be challenging to navigate the ups and downs of everyday life. Everyone has a different style of coping, which comprises a unique set of strengths and weaknesses. These tend to get accentuated during difficult periods, such as the pandemic that we are currently undergoing. This talk will take you through stress-related disorders and how to manage stress, with a particular focus on some commonly faced issues now, such as job security, financial worries and changes in routines.



Speaker

Dr Lau Boon Jia

Consultant,
Department of Mood and Anxiety,
Institute of Mental Health

Register at: <https://bit.ly/35s7cyf>

Register at: <https://bit.ly/3bKbYrX>