

WELL-BEING DURING CIRCUIT BREAKER



DESCRIPTION

On 3 April 2020, PM Lee announced a series of “circuit breaker” measures aimed at stemming the spread of COVID-19 locally. From 7 April to 4 May, the measures will be in place, restricting movement and tightening social distancing measures. These measures have impact on our families, friends & communities, work, school and personal lives.

On 21 April 2020, the circuit breaker period was extended for another month, ending on 1 June 2020. That also came along with tighter measures on social distancing at malls and markets, as well as trimming of essential services, leaving some lamenting their source of comfort items like bubble tea and cake.

It is indeed challenging to be staying home for 2 months with very limited social contact with friends and family members outside of the households, and not being able to engage in activities that used to be a routine e.g. playing team sports, going to the cinema etc. In face of all these challenges, it is ever more important to take care of our personal well-being. Only when we are fit and healthy can we be a better support to our friends and family during this trying period.

KEY LEARNING POINTS

- Recognize the toll of circuit breaker and social distancing measures on our personal well-being
- Understand the different aspects that contribute to personal well-being
- Set action steps to take care of self, so that we can be in a better place to take care of those around us as well

WELL-BEING DURING CIRCUIT BREAKER

WELL-BEING DURING CIRCUIT BREAKER – Part 1 (Exploring the Topic)

3 APRIL 2020 ANNOUNCEMENT OF CIRCUIT BREAKER MEASURES



Source:

<https://www.channelnewsasia.com/news/singapore/covid19-decisive-move-workplaces-closed-lee-hsien-loong-12606614>

21 APRIL 2020 EXTENSION OF CIRCUIT BREAKER MEASURES



Source:

<https://www.channelnewsasia.com/news/singapore/covid-19-pm-lee-full-speech-circuit-breaker-extended-june-1-12662056>

WHAT WAS YOUR FIRST RESPONSE TO THE EXTENDED CIRCUIT BREAKER?

BUILDING CONTEXT

3 April 2020, 4pm

- PM Lee gave a televised address to the nation
- Addressed the escalating COVID-19 situation in Singapore
- Announced a series of new measures – “circuit breaker” measures

21 April 2020, 5pm

- Announced an extension of circuit breaker measures + tighten measures
- Trimmed list of essential services – closure of certain workplaces. Might mean a loss of comfort items like bubble tea and cakes/ snacks
- MOE: Holidays pushed forward to May. June to be a start of Term 3.
- Rationale: Persistence of community transmission + unlinked cases + address any potential “leakage” of cases from foreign worker dormitories into community

[Brief discussion]

What was your first emotional response to the extended circuit breaker?

- What was your first thought/ feeling when you heard the news? Why?
- Teachers can take the lead to share your own experience to kickstart the sharing

Digital Interaction ideas:

- Poll (e.g. through MCQs/ True-false questions on slido/ mentimeter) – Happy? Sad? Angry? Disappointed?
- Emoji/ gif/ meme response (e.g. through chat functions, padlet) – Drop/ choose an emoji/ gif/ meme that best describes your feelings then

CIRCUIT BREAKER HAS CAUSED TENSIONS IN THE COMMUNITY



IMPATIENCE QUARREL AT WATERWAY POINT



Source: <https://mothership.sg/2020/04/quarrel-at-playmade-waterway-point-arose-when-staff-told-rider-it-would-be-a-fcking-long-wait/>

FRUSTRATION KILLER LITTER IN YISHUN



Source: <https://www.tnp.sg/news/singapore/man-arrested-after-throwing-items-including-chairs-hdb-block>

UNDERSTANDING THE PROBLEM

Circuit breaker and isolation is challenging for many. The frustration, anxiety and sadness sometimes manifest in unfavourable actions.

One of the first reactions to the 21 April 2020 announcement – scramble to buy bubble tea

- Removed from list of essential services by 11.59pm that every evening
- Long physical queues + massive demand from food delivery apps

A verbal row at Waterway Point between Grabfood driver and Playmade employee

- Playmade received more than 150 orders totally 600 cups from delivery alone
- No way to stop/ cancel orders on Playmade's side
- Grabfood driver impatient, repeatedly demanded to know the duration of the wait
- Playmade employee responded with a vulgarity
- Verbal row ensued

More generally, confrontations between customers/ food delivery personnel and businesses have sparked off in various F&B outlets, including KFC and Burger King, due to long wait times and problems with delivery orders.

[Quick Discussion]

What was the strain on both sides?

- Why might the Grabfood driver be so impatient?
- Why might have made the Playmade employee utter a vulgarity against the Grabfood driver?

In other times, we witness general strains and tensions in the community:

16 April 2020: Killer Litter in Yishun

- Man spotted throwing items from 4th floor, including chairs, stools and barrels
- Arrested by police

Allegedly lost his job

- Since then, often visited a friend at an association located at the level the man was found throwing items at
- Circuit breaker kicked in: Association closed

[Quick Discussion]

What might have caused him to do what he did?

- Based on the short clip, what possible emotions did you observe?
 - Possible answers: Desperation, frustration

**STRAIN ON ENFORCEMENT
ABUSE AGAINST THOSE WHO
KEEP US SAFE**

Coronavirus: 12 police reports made for verbal, physical abuse of safe distancing enforcement officers

"headbutted an enforcement officer who had advised him to stop playing basketball"

"slapped an officer who had requested for his particulars after observing that he was consuming food at a hawker centre"

"hit the safe distancing ambassador's hand, causing her phone to drop, when he was advised not to loiter in the area"

Source:

<https://www.straitstimes.com/singapore/man-arrested-for-hitting-safe-distancing-ambassadors-hand-when-advised-not-to-loiter>

**A "NEW NORMAL"
FESTIVITIES AFFECTED**



Safe distancing enforcements are deployed to various locations around the island to ensure that individuals and businesses comply with safe distancing measures

- Yet, they face verbal and physical abuse for doing their work

[Quick Discussion]

What might make someone rude, inconsiderate and event violent towards people in authority?

- Possible areas to consider: Trivialising COVID, Upset at being "nagged", no other places to eat, not understanding the measures
- Could it be in response to behavior put up by officers? What, then, would make them behave that way?
 - Possible areas to explore: The officers might be rude – they might also be tired, frustrated by other's excuses and non-compliance; The officers might not be able to communicate well to the elderly, causing frustration and misunderstanding on both sides

More generally, many of us probably feel the toll circuit breaker is having on our personal and social lives

- At the start of the circuit breaker period, we have celebrated Easter and Tamil New Year
- More recently, Ramadan has begun on 23 April 2020
- All these festivities are usually celebrated with family and friends, and with the respective religious communities for Easter and Ramadan
- This year, we celebrate within the confines of home
- Loss of normalcy and community makes circuit breaker even more difficult for some to absorb

[Discussion/Sharing]

Were you affected with regards to any of the festivities?

- How did you and your family feel about it?
- What do you miss the most?

Digital Interaction ideas:

- Word Cloud (e.g. Mentimeter) – what do you miss most from these festivities this year?

WELL-BEING DURING CIRCUIT BREAKER – Part 2 (Exploring Impact of the Problem)



EXPOUNDING ON IMPACT

In times like this, tensions abound from the disruption. Sometimes we also react to other's reactions, e.g.

- Disbelief: when we see/ hear people trivializing COVID-19
- Anger: when we see/ hear people abusing enforcement officers and F&B staff
- Sadness: when news report COVID-19 hitting new highs
- Frustration: when family members/ friends spread unhelpful/ fake news

At the same time, we are told to be strong, be resilient and help one another through. In order to do so, personal well-being becomes ever more important

[Quick Discussion]

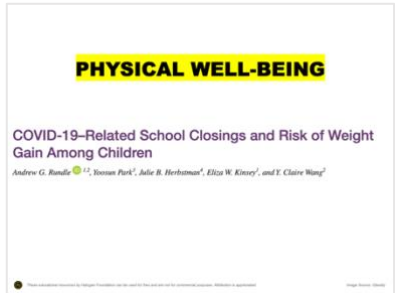
What do you know about personal well-being?

- What does it mean?
- Examples of well-being? (asking for the different aspects of well-being)



Source:
<https://www.forbes.com/sites/jackkelly/2020/04/06/americans-are-excessively-eating-drinking-smoking-pot-playing-video-games-and-watching-porn-while-quarantined/#6ef87cf8404e>

OR



Source:
<https://onlinelibrary.wiley.com/doi/epdf/10.1002/obv.22813>

Well-being: Physical

- Recognising the need for physical activity, beneficial diet and sufficient quality rest
- While under circuit breaker, lives tend to be sedentary – reduced exercise, sitting/lying at home most of the time to study/work/watch shows
- Meals might tend to be irregular and of sub-optimal nutrition – lack of fixed schedule, reliance on instant/fast food, skipping meals (for those who have financial issues – meals might be a problem)
- Rest might tend to be disrupted – sleeping late, napping too much affected sleep cycle etc
- Screen time – excessive use of electronic and TV-viewing

In America during quarantine

- reported to be excessively eating (especially junk food), drinking alcohol and smoking marijuana, spending too much time on games and pornography
- Such sedentary behaviour and indulgence - Detrimental to physical health over the long-term

OR

In America – school closure might exacerbate weight-gain

- Due to quantity and quality of food intake
- Sedentary behaviour and screen time

[Quick Discussion]

How can we practice physical well-being?

- Possible answers include:
 - Exercise
 - Eating healthily
 - Schedule proper rest time

SOCIAL/EMOTIONAL WELL-BEING

Singapore
**COVID-19: Worries about pandemic
see more calls to mental health
helplines**

Source:

<https://www.channelnewsasia.com/news/singapore/covid-19-fear-toll-mental-health-hotline-anxiety-singapore-12631710>

Well-being: Social/ Emotional

- Recognising the need for meaningful and satisfying connection with others and the need to cope effectively with life & feel good about self
- **Isolation**: Circuit Breaker effectively curbs social connection
- **Stress**: Coping with new ways of working/ studying, managing stress of national exams despite COVID-19 disruptions, managing financial woes from retrenchment/ pay-cuts, managing family dynamics when everyone is at home
- **Anxiety**: Reading negative news every day, worried about minor health issues blooming into COVID-19, worried about elderly family members
- **Loss of sense of control**: Restricted movement, keeping up with latest measures or risk being fined
- Despite all the negative emotions, some might be less able to engage in stress-relieving tasks due to restrictions e.g. team sports, yoga in studios, art/music jamming etc

Since COVID-19 started

- More calls to mental health helplines
- Suicide prevention agency Samaritan of Singapore (SOS) – 22% increase in calls in March
- Singapore Association for Mental Health (SAMH) – 50% increase in Feb and March
- eC2.sg (online counselling portal) – doubling in number of chats in March
- People are struggling with emotions, isolation and more broadly, mental health

[Quick Discussion]

How can we practice social/emotional well-being?

- Possible answers include:
 - Stay connected with friends and family through chats and games – schedule and plan these sessions ahead of time
 - Taking time to relax
 - Keep reading of news to certain hours of the day – don't get sucked into endless series of negative news and media
 - Mindfulness
 - Gratitude Journal
 - Create and maintain a daily routine (build sense of normalcy)

Important: If you notice yourself or your friends possibly struggling with social/emotional well-being, and/or showing signs of mental health issues:

- Tell a trusted adult – parents, teachers, relatives
- Share helplines with them (e.g. SOS, SAMH, eC2.sg)

INTELLECTUAL WELL-BEING



Well-being: Intellectual

- Recognising the need for creative activities, new knowledge and skills
- Boredom: for some of us, we suddenly find a lot of free time in the day – might not have meaningful or exciting ways to spend the time, hence reverting to mindlessly scrolling social media and binge-watch drama/videos

This is an opportunity to engage in your long-lost hobbies and pick up new knowledge and skills outside of academics, e.g.

- Learn and practise a new musical instrument
- Learn and practise a new language (including programming language if you prefer)
- Watch TED talks
- Read a book/listen to an audiobook
- Learn a new recipe and prepare a meal for your family
- Fix that broken cupboard/ bulb

WELL-BEING DURING CIRCUIT BREAKER – Part 3 (Solutions)

HOW SATISFIED ARE YOU WITH...



Sample:

HOW SATISFIED ARE YOU WITH...



CONCEPTUALISING SOLUTIONS

[Reflection/Discussion]

These are many aspects of your lives that contribute to your physical, social/emotional and intellectual well-being.

How satisfied are you with each aspect of your life (on a scale from 1 to 10, 10 being most satisfied)

Instructions:

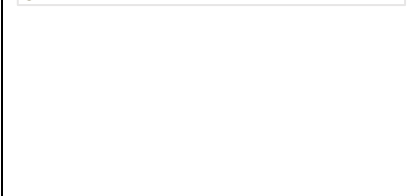
- Plot on this wheel and connect the dots
 - Insert > Shapes > Lines > Freeform. Click on your score on the axes for each aspect around the wheel to draw connecting lines
 - Once the shape is "closed", it should be a colour fill
 - To see the axes underneath: Click on freeform shape > top banner "Shape Format" > Shape Fill > More Fill Colours > Set Opacity to 50%
 - Alternatively, use a pen tool to draw/print and draw

[Question Intent]

- To reflection on current state of well-being, and thereafter identify action steps to better take care of self

Digital Interaction ideas:

- Softcopy submission for teachers' review
- Padlet – Save as photo/ screenshot and post



Upon reflection, some of us might realise we're taking enough care of ourselves. That's great!
Some of us might find that we are not taking our self-care seriously or intentionally enough.
Some of us might be feeling bad or hopeless about this whole situation.
Some of us might feel that is it "wrong" to be pessimistic/sad, because we are supposedly better off than many others

It is okay to be not okay

- It is unprecedented times – natural to feel anxious, upset, impatient, lazy, unproductive etc
- No wrong emotions – emotions tell us something about us that we need to attend to – our needs, our values, our beliefs
- We all cope differently, and to different extents
- Take your time to process and be okay again

It is okay to take care of yourself first

- It is natural to want to help others - it is not selfish
- But we can't pour from an empty cup – fill your cup first, so that you can fill others' cup
 - Reference to oxygen masks: In event of an emergency on a plane, put on your oxygen mask first before help others put theirs own
 - Take care of yourself first, so that you can be in the right state to be a support for others

It is okay to seek help

- Sometimes, we find ourselves stuck – we don't know how to care for ourselves.
- We have tried different ways to rest and relax, but it doesn't seem to fully alleviate our tensions and stressors
- There is nothing wrong with seeking help (from friends, family, helplines etc) - the support can give us new perspectives and directions to approaching our challenges

**NATIONAL CARE HOTLINE
6202-6868**

Coronavirus: National Care Hotline now open, manned by 300 volunteers

| OTHER HELP SOURCES | MENTAL WELL-BEING | VOLENCE OR ABUSE |
|--|--|------------------|
| <ul style="list-style-type: none"> - For Youth Online Counselling Service: 422 49 - Institute of Mental Health's Mental Health Helpline: 6399-2222 - Samaritans of Singapore: 1800-221-8444 - Silver Helpline Singapore: 6396-3718 | <ul style="list-style-type: none"> - Big Love Child Protection Specialist Centre: 6465-0400 - Heart @ For You Child Protection Specialist Centre: 6299-9770 - Free Integrated Services for Individuals and Family Protection: 6265-0360 - Project SHIRT: 6476-1482 - TENDS SAFE Centre: 6469-8088 | |

Source:

<https://www.straitstimes.com/singapore/health/national-care-hotline-now-open-manned-by-300-volunteers>

**MEHGOVHERE.SG
WEBSITE FOR YOUTHS**

The screenshot shows a colorful website interface with several article cards. Visible titles include 'NOW PLAYING: WATCH WHAT'S NEXT', 'HERE GOT LOVING, DON'T SAY BOHO!', 'GOT IDEAS FOR STAY HOME MAMA?', 'STAY IN AND ROCK OUT', and 'STAY SAFE!'. There are also icons for 'E-TOOL' and 'Call for Singapore Support 402'.

Source: <https://mehgowhere.sg>

CLASSMATES STAYING CONNECTED THROUGH PE

The screenshot shows a Zoom meeting in progress. The main window displays a grid of 12 video thumbnails of participants. On the right side, there is a chat window with a message from 'Eunoia JC PE' that reads: 'Eunoia JC PE is extended for another month. What are your thoughts? Here are some 22 classes from home after finishing their workout for today. #EunoiaPE30'.

Here are some things being done at a national and grassroots/community level:

Ministry of Social and Family Development (MSF) – opened a National Care Hotline at 6202-6868

- Manned my volunteers – people stepping up to support one another
- Call if you/your friends or family needs someone to talk to and require emotional support, e.g.
 - Worried/stressed about COVID-19
 - Tension in personal/family lives
 - Stress over finances
 - Feeling overwhelmed/despondent all the time
 - Domestic abuse

National Youth Council launched mehgowhere.sg to engage youths from home

- Links to lifestyle articles ranging from articles for “good vibes”, to articles on hawker food delivery etc
- Links to free career workshops/events, free online workouts, link to mental health organisations/events etc
- Can pick up new knowledge, find meaningful things to occupy time with, see what other youths are thinking about the whole COVID-19 situation

Various schools and classes have found ways to keep classmates and CCA-mates connected

- Example of Eunoia JC PE department – Getting classes to do PE together on Zoom, teachers uploaded at-home exercise tips and tutorials
 - #EunoiaPE30 – 30-day challenge
- Serves 2 purposes at one go – social + physical well-being
- Having fun while engaging in school activities

Those who miss your classmates/family members

- Set up a videoconference with them for a conversation or online games
- Find a fun activity/project to do together

**1 MONTH OF HOLIDAY AWAITS
HOW CAN I TAKE GOOD CARE OF MYSELF?**



[Reflection/Discussion]

Pick no more than 3 aspects of your well-being to focus on this May

How can I take good care of myself with regards to these 3 aspects?

- What can I start/stop doing?
- How can others support me/what help do I need?
 - Ensuring accountability/checking in is also a form of help

Digital Interaction ideas:

- Padlet – Invite classmates to leave notes of encouragement/commitment to support a friend
- Zoom Breakout rooms - Invite classmates to share in small groups, so that they can forge solidarity as a small community and form a small support group to one another

[Question Intent]

- To invite students to treat self-care as an intentional practice
- Creating a sense of community as students support one another in taking care of self and others
- Encourage peer support and build ties within the class

End

