## **TOOLBOX TALKS**

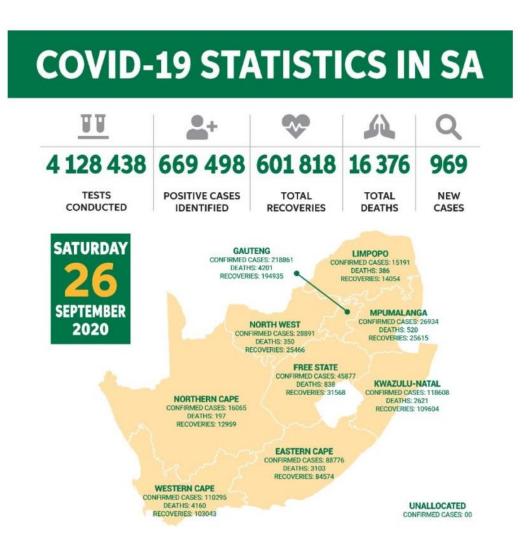
## **Covid 19 – Coping with Stress**

It is normal to feel sad, stressed confused, scared to angry during a crisis. Talking to people you trust can help. Contact your friends and family

If you must stay home, maintain a healthy lifestyle – including proper diet, sleep, exercise and social contacts with loved ones at home by email and phone with family and friends

Don't use smoking, alcohol or other drugs to deal with your emotions. If you feel overwhelmed, talk to a health worker or counsellor. Have a plan where to go to and how to seek help for physical and mental health needs if required.

If you suspect that you may have Covid-19, please visit: https://sacoronavirus.co.za/



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## TOOLBOX TALK ATTENDANCE REGISTER Date Facilitator Name: Site/Department: Facilitator Signature: Topic:

## The information in this document had been explained to me and I understand the content

Emp Name	Emp No	Signature	Emp Name	Emp No	Signature

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