

COVID-19: THE PANDEMIC'S IMPACT ON MENTAL HEALTH & WELL-BEING

21 April
2021

TIME:
14h00-16h00

While the primary threat posed by COVID-19 has been to people's physical health, the pandemic has also taken its toll on economies, social and cultural activities, as well as people's mental health and well-being. The new realities of the national lockdown, working from home, temporary unemployment, home-schooling of children, and lack of physical contact with other family members, friends and colleagues required some adjustments. Adapting to this "new normal", managing the fear of contracting the virus and worrying about people close to us who are particularly vulnerable has been challenging for many of us. These challenges have impacted on our mental well-being.

This webinar will examine what one can do to look after one's mental health and to help others who may need some extra support and care.

CLICK HERE TO RSVP

Enquiries only:
Shakila Thakurpersad **email:** thakurpersads@ukzn.ac.za

FACILITATOR:



Professor Matshepo Matoane is the Dean and Head of School of Applied Human Sciences in the College of Humanities. She has over 25 years of experience in higher education which has been accumulated both as an academic and an academic manager. Her previous positions at the University of South Africa (UNISA) include being Head of Department: Psychology and Director: Instructional Support and Services. As a Registered Clinical Psychologist, she is drawn to the impact that ecosystems have on individuals and communities' mental well-being. Her research interests include Indigenous Psychology, Health Psychology, Community Psychology, integration of technology in teaching & learning and student support. She has published several peer-reviewed articles in these areas and presented papers on these themes at national and international conferences. She has a special passion for working with under-resourced communities, which has led to her serving on a number of boards of directors for organisations whose aim is to support communities to realise their potential.

PRESENTERS:

MS ZININZI ANELE BOMOYI

Counselling Psychologist
School of Social Sciences
UKZN

MS BUSISIWE RAMABODU

Psychologist and Director:
Human Resources Development
UKZN

MS TAEGAN DEVAR

Industrial Psychologist and Director:
People Smart Consulting
Durban, South Africa

MR SABELO MELIZWE GUMEDE

Practicing Industrial Psychologist
PhD candidate
UKZN

PROFESSOR ANNA MEYER-WEITZ

Professor: School of Psychology
UKZN



Ms Zininzi Anele Bomoyi is a Counselling Psychologist who is currently lecturing Psychology at the School of Social Sciences at the University of KwaZulu-Natal. She holds a Bachelor of Social Science degree (Psychology and Law), an Honours degree in Psychology and a Master's degree in Social Sciences (Counselling Psychology - cum laude). She is a co-author on an article on Incorporating African Indigenous Healing into Counselling services at tertiary institutions.

She is currently pursuing her doctoral studies at the University of KwaZulu-Natal. Her research interests are on African Indigenous Knowledge Systems (AIKS) and Traditional Healing Incorporation into Main Stream Psychotherapy and Counselling Services.



Anna Meyer-Weitz is a Professor in the School of Psychology at the University of KwaZulu-Natal, and a registered Industrial Psychologist with the HPSCSA. Her experience and passion is in behaviour change for health and the general promotion of health and well-being across different settings i.e. workplaces, schools, universities, health facilities and community related interventions.

Workplace wellness is her key interest and she has been involved in various interventions to improve both health and well-being and related contextual factors to influence wellness at work. Anna has published widely on health promotion related topics in both local and international peer reviewed journals, compiled research reports, published chapters in books and presented papers at national and international conferences. She is an active member of the editorial board of the official European Journal of Patient Education and Counselling and review for a range of high impact journals.



Mr Sabelo Melizwe Gumede is a founder and an Executive Director at Uphembele Consulting group, Cloud Therapist at Kaizen Applications. He is a practicing Industrial Psychologist and PhD candidate. His areas of interests are African-Centred Psychology and contextually relevant psychology.



Ms Taegan Devar is an Industrial Psychologist and a Director of People Smart Consulting, Durban South Africa. She obtained her Master's in Industrial Psychology from UKZN. Her areas of expertise include Organisational Development, Leadership Development, Corporate Wellness and Safety, Stakeholder Relations Management and Industrial Psychology.

She is passionate about Wellness and Safety and has developed numerous organisational wide safety interventions that place the person and their lived experience as central to addressing their needs and enabling positive change.

She has over 7 years of experience in the mining and manufacturing sector across the African continent. She specialises in developing and implementing bespoke change management interventions in partnership with clients and is passionate about empowering others to lead and drive change in their organisations.



Ms Busisiwe Ramabodu is the Director of Human Resources Development at UKZN and a Psychologist. Her life's mission is to contribute positively to people finding meaning at work, resolving conflict, work-life integration and well-being, and developing organisational effectiveness initiatives that put people at the core.

She has implemented a number of Organisation Development interventions at individual, team and organisational levels. A facilitator and a mental health professional, she has a long history of providing counselling, psychotherapy, psychoeducation and training in various settings on topics such as emotional intelligence, managing and dealing with change, resilience building, stress management, etc.

As a leader, she believes in authenticity, courage and fairness in everything she does. Through the years she has gained valuable experience in understanding human and organisational behaviour, managing complexity and paradox. She is passionate about driving the agenda of women in leadership and in academia, as well as transforming the academy.