

Dealing with Depression During Corona virus

In the midst of the global COVID-19 pandemic, it's easy to feel overwhelmed by hopelessness and despair. But these tips can help improve your mood and ease depression.

If anxiety, economic uncertainty, and the daily bad news generated by the coronavirus pandemic are taking a heavy toll on your mood, you're not alone. The stress of social isolation, the worry about jobs, money, and health, and the profound feelings of loss that many of us are experiencing at the moment can trigger depression for the first time or exacerbate symptoms if you've already been diagnosed.

When you're suffering from depression, life can seem overwhelmingly bleak and hopeless. It can interfere with your ability to think straight, drain your energy, and make it difficult to get through the day. Even as some countries and regions begin to ease stay-at-home restrictions, it seems unlikely that life will fully return to normal any time soon. But no matter what constraints you're living under at the moment, these strategies can help you counteract loneliness, ease negative thoughts, improve your mood, and cope with symptoms of depression.

How COVID-19 affects depression

This is a distressing, uncertain time. Even as some places start to open up again after months of lockdown, the end may still seem a long way off. You may have lost your job, be struggling financially, and worried about if and when the economy will pick up. You could be grieving the loss of loved ones or the life you knew before the pandemic, or feeling frustrated and cut off by continued social distancing. Living in the age of coronavirus can have a profound effect on your mood.



Isolation and loneliness fuels depression. Human beings are social creatures. Being cut off from the love, support, and close contact of family and friends can trigger depression or make existing symptoms worse. Months of social distancing and sheltering at home can leave you feeling isolated and lonely, having to face your problems alone.

A troubled relationship may be even worse than loneliness. While strong and supportive relationships are crucial for your mental wellbeing, being forced to spend months quarantined in a troubled, unhappy, or abusive relationship can be even more damaging to your mood than being alone.

Anxiety can lead to depression. All the fear and uncertainty surrounding COVID-19 means it's natural to worry. When your worries spiral out of control, though, they can cause panic and anxiety. Since anxiety and depression are believed to stem from the same biological vulnerability, one can often lead to the other.

Stress levels are soaring. Experiencing a major change in your life, such as death of a loved one, the loss of a job, being diagnosed with a serious illness, or financial or relationship difficulties, can bring overwhelming levels of stress. As a result of this pandemic, you may be experiencing several of these major stressors at once, making you more vulnerable to depression.

We're turning to unhealthy ways of coping. The boredom, loneliness and stress of being in lockdown, struggling financially, or having to juggle a job and home school your kids, can prompt unhealthy ways of coping. Maybe you're drinking too much, abusing drugs, or overeating junk food in an attempt to self-medicate your mood and deal with stress. While these methods may provide a brief relief, in the long-run they'll make your depression symptoms much worse. Instead, you can use the following healthy strategies to boost your mood and ease your depression.

Change your focus

There's no easy fix for recovering from depression, and finding the energy and motivation to take the first step can be tough. But you have more control over your mood than you may realize.

It's true that these are painful and worrying times, and few people have much to be cheerful about at the moment. But at the same time, depression can make things seem even worse than they really are. When you're depressed, everything is filtered through a lens of negativity. By simply recognizing that, you can start to change your focus and take the first step to feeling more optimistic.

Distract yourself. When you're depressed, out of work, and isolated from your social network, the negative thoughts running over and over in your head can seem never ending. But you can break the cycle by focusing on something that adds meaning and purpose to your life. Perhaps there's something you've always wanted to learn. Focusing on a project or goal, even a small one, can give you a welcome break from negative thoughts and worries—and add a sense of meaning to your days.

Find simple sources of joy. While you can't force yourself to have fun, you can push yourself to do things that will boost your mood throughout day. Try listening to uplifting music. Spending time in nature—whether it's walking in the park, on the beach, or going for a hike—can ease stress and put a smile on your face, even if you're alone.

Maintain a routine. Sleeping too much or too little, skipping meals or exercise, and neglecting your personal care only feeds into your depression. Establishing and maintaining a daily routine, on the other hand, adds structure to your day, even if you're alone and out of work. Try to include set times for exercising, spending time outside, and communicating with friends each day.

Get moving. Exercising is one of the last things you feel like doing when you're depressed—but it's also one of the most effective ways of boosting your mood. In fact, regular exercise can be just as effective as antidepressant medication in relieving depression.

Practice relaxation techniques. Incorporating a relaxation technique such as meditation, progressive muscle relaxation, or a breathing exercise into your daily schedule can provide a welcome break from the cycle of negative thinking, as well as relieve tension and anxiety.

Eat a mood-boosting diet. In times of stress, we often turn to “comfort foods” packed with unhealthy fats, sugar, and refined carbs. But these foods, along with too much caffeine and alcohol, can adversely impact your mood. Instead, focus on fresh, wholesome foods whenever possible and increase your intake of mood-enhancing nutrients such as omega-3 fatty acids.

Sleep well. Just as depression can impact your quality of sleep, poor sleep can also contribute to depression. When you're well rested, it's easier to maintain your emotional balance and have more energy and focus to tackle your other depression symptoms. Improve how well you sleep at night.

If you are feeling suicidal...

When depression makes you feel suicidal, your problems don't seem temporary, they seem overwhelming and permanent. But with time, you will feel better, especially if you get help. There are many people who want to support you during this difficult time, so please reach out!





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PROVINCE OF THE EASTERN CAPE

DRDAR CALENDAR SEPTEMBER 2020/21

Date	DRDAR	CABINET	LEGISLATURE
September 14 2020	Political/Constituency Day MEC ACTIVITIES		
September 15 2020	MEC ACTIVITIES Follow up visits on OR Tambo TLTP Maize Harvesting in Nkondlo, Ngcobo@09h00 Ncora@ 15h00 – Virtual		NCOP (i) Negotiating Mandate on Customary Initiation Bill & Local Government Municipal Structures Amendment Bill (ii) Briefing by the <i>Department of Tourism</i> and sub-national government authorities on resource allocation to improve and enhance destination marketing, including rural and township economies @ 14:00 – 17:00 (iii) Briefing by <i>Tourism Business Council of South Africa</i> and other industry players on its role to the inclusive growth agenda in relation to the tourism industry @ 14:00 – 17:00 (iv) PLENARY: Debate on International Democracy Day
September 16 2020	MEC ACTIVITIES National Emergent Red Meat Producers Organization @12h00- Virtual	ED CAB COM	Follow up visits on OR Tambo TLTP
September 17 2020	MEC ACTIVITIES Strategic planning session - TBC		Follow up visits on OR Tambo TLTP Government Business (i) EXCO OUTREACH ALFRED NZO (postponed) NCOP PLENARY: DEBATE ON HERITAGE DAY
September 18 2020	MEC ACTIVITIES African Review Mechanism NGC Meeting		Follow up visits on OR Tambo TLTP
September 19 2020	MEC ACTIVITIES		
September 20 2020			Fortnightly briefing by Premier on COVID-19 to Leaders of Political Parties

RISK MANAGEMENT ACTIVITIES

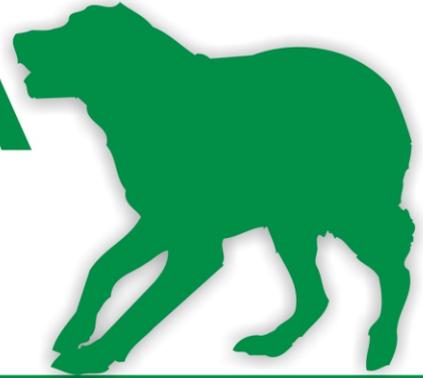
2nd Quarterly Risk Management Report 12 November 2020

3rd Quarterly Risk Management Report 05 February 2021

4th Quarterly Risk Management Report 07 May 2021



THINTELA UMGADA



Gonya inja nekati yakho

LUMKA, UMGADA UYABULALA!

Eli cebiso lingasindisa ubomi bakho

YINTONI UMGADA?



Ukusasazeka kwesifo:
Intsholongwane ibaninzi kakhulu
kwizinkcwe zesilwanyana esinomgada



Umgada sisifo esihlasela ingqondo nesikhokelela
ekufeni komntu okanye isilwanyana
esichaphazelekileyo



Iimpawu zibandakanya:

Ukutshintsha kwesimo, Ubundlobongela, Ukuvuza izinkcwe, Umbathalala

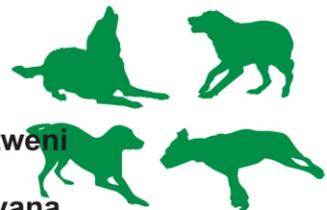
**DIBANA NOGQIRHA WEZILWANYANA OKANYE IGOSA
LONYANGO-MFUYO**

UNGATHINTELWA NJANI UMGADA?



Ugonyo kuphela kokhuseleko
gonya izinja neekati zakho
ukhuthaze nabanye abantu ukuba
bazigonye nezabo

Sukuvumela izilwanyana zakho zibhadule ezitalatweni
Chazela oogqirha bezilwanyana, amagosa
onyango-mfuyo okanye amapolisa ngezo zilwanyana
zikrokreleka kumgada



Musa ukusiphatha okanye ukusibamba isilwanyana ongasaziyo,
esonzakeleyo okanye esikhangeleka sigula

Ukufumana uncedo sitsalele ku

0800 20 30 25

Monday to Friday

Ungaqhakamshelana nathi

nakumakhasi ethu ezonxibelelwano

Whatsapp: 072 195 1969

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Call for applications to participate in the Rural Development Service Delivery Budget for 2021/22 Closing Date: 30 October 2020

The Department of Rural Development and Agrarian Reform invites all interested small Home Industry enterprises inclusive of Clothing and Textile, Value Adding and Processing, Arts and Craft and Bakeries to apply for support with equipment, material and general enterprise development endeavors. Home Industry Services aims to promote socio- economic development through improved incomes, job creation, food security, nutrition and social and cultural well-being.

QUALIFYING APPLICANTS

- 1.1 Applicants must be from previously disadvantaged background group residing in the Eastern Cape Province.
- 1.2 Preference will be given to registered cooperatives and that of youth, women and of people living with disabilities.
- 1.3 Only active enterprises will qualify. Subject to verification.

REQUISITE DOCUMENTS

- 1.1 Application form, obtainable at DRDAR offices and DRDAR website: www.drdar.gov.za
- 1.2 Short profile of the enterprise
- 1.3 Copies of Identity Documents of all enterprise members

WHAT CAN YOU APPLY FOR

- 1.1 Sewing machines, equipment and material.
- 1.2 Basic skills workshop inclusive but not limited to sewing, baking and business skills.
- 1.3 Bakery equipment
- 1.4 Protective Clothing
- 1.5 Value adding and processing equipment

EXCLUDED FROM THE APPLICATION

- 1.1 Outreach programmes that are supported with stipend by the Department of Social Development.
- 1.2 Inactive projects/enterprises.
- 1.3 Non-disclosure of previous government support towards the enterprise.

TERMS AND CONDITIONS OF APPLICATION

- 1.1 Commitment to ensure effective and productive usage of all equipment and materials supplied.
- 1.2 Give the Department access to financial, productions and sales records of the business.
- 1.3 Commitment to allow the Department access to the enterprise for reporting and monitoring purposes.
- 1.4 Commitment to participate in the capacity building and training programmes facilitated by the Departments and its commodity partners.

ENQUIRIES CAN BE DIRECTED TO THE FOLLOWING DISTRICTS:

· Alfred Nzo	Mr V Magengenene	083 457 7674	· Joe Gqabi	Ms N Phethoha	082 941 0605
· Amathole	Ms N Solani	083 459 1637	· O R Tambo	Ms Z Genukile	081 035 0345
· Chris Hani	Ms Q Mzola	083 577 3720	· Sarah Baartman	Ms F Gatyia	071 853 8232

ONLINE PERFORMANCE MANAGEMENT SYSTEM

GITO and Strategy Development and Management directorates are currently training departmental officials on an Online Performance Management System

OPMS comprises of the following functionalities:

- Upload the Districts and Provincial APPs with quarterly, annual targets and source of data (from the TID's)
- Issue email notification and reminders when the reporting period approaches
- Generate reports on non-financial performance information quarterly and annually
- Auto calculation of deviation to prompt for reason(s) for deviation
- Allows for reason for deviation and strategies to overcome under-performance
- Upload portfolio of evidence including POE lists
- Provide early warning signs to Management when targets are not met.
- Open and close during a certain period to allow different users e.g. capturers, reviewers, approvers to input into the system (date driven)

BENEFITS OF THE SYSTEM

- Enable real time reporting, dates driven aligned to QPR reporting requirements
- Enhance accountability
- Enhance effective spatial planning
- Provide audit trail for non-financial performance information
- Eliminate paper trail
- Provide real time recording of portfolio of evidence
- Enable retention of departmental information for better planning and decision making
- Enable auditing through efficient record keeping system

136 Were supposed to be trained

68 Trained

68 Not yet trained, but special training has been scheduled for 16 September 2020





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COVID-19

Help prevent the spread of respiratory diseases like COVID -19



WASH YOUR HANDS



COVER A COUGH OR SNEEZE



AVOID TOUCHING



CLEAN & DISINFECT



PREVENTION IS KEY.

ALERT LEVEL 2

- **We must continue to practice responsible behaviour and do the right things to prevent new infections of Coronavirus.**
- **Our individual actions are key to stopping the second wave of COVID-19 spread.**
- **It critical that we continue to practice strict physical distancing as well as hygiene protocols such as washing our hands with soap and regular use of hand sanitiser.**
- **Wearing of mask in public remains enforceable and non-compliance to the protocols endangers your own life and the lives of others.**

TEN DAY FARMERS FORECAST

TEN DAY FORECAST FOR AMATHOLE (EAST LONDON)

TEN DAY FORECAST FOR EAST LONDON - YR'S FORECAST

Monday 14 Sep	Tuesday 15 Sep	Wednesday 16 Sep	Thursday 17 Sep	Friday 18 Sep	Saturday 19 Sep	Sunday 20 Sep	Monday 21 Sep	Tuesday 22 Sep
20°	17°	20°	19°	21°	21°	20°	16°	16°
Lowest 13°	Lowest 12°	Lowest 13°	Lowest 14°	Lowest 13°	Lowest 16°	Lowest 13°	Lowest 12°	Lowest 12°
11 kn	10 kn	16 kn	10 kn	8 kn	12 kn	16 kn	14 kn	7 kn
					Precipitation 0.4 mm		Precipitation 14.7 mm	Precipitation 2.7 mm

TEN DAY FORECAST FOR OR TAMBO (MTHATHA)

TEN DAY FORECAST FOR MTHATHA AIRPORT - YR'S FORECAST

Monday 14 Sep	Tuesday 15 Sep	Wednesday 16 Sep	Thursday 17 Sep	Friday 18 Sep	Saturday 19 Sep	Sunday 20 Sep	Monday 21 Sep	Tuesday 22 Sep
8°	5°	14°	10°	18°	17°	16°	3°	0°
Lowest 1°	Lowest -1°	Lowest -3°	Lowest 1°	Lowest 0°	Lowest 2°	Lowest 2°	Lowest -2°	Lowest -2°
9 kn	7 kn	11 kn	9 kn	4 kn	7 kn	19 kn	10 kn	6 kn
Precipitation 1.5 mm	Precipitation 0.9 mm	Precipitation 0.1 mm				Precipitation 1.0 mm	Precipitation 18.9 mm	Precipitation 11.0 mm

TEN DAY FORECAST FOR CHRIS HANI (QUEENSTOWN)

TEN DAY FORECAST FOR QUEENSTOWN - YR'S FORECAST

Monday 14 Sep	Tuesday 15 Sep	Wednesday 16 Sep	Thursday 17 Sep	Friday 18 Sep	Saturday 19 Sep	Sunday 20 Sep	Monday 21 Sep	Tuesday 22 Sep
21°	17°	20°	19°	27°	29°	30°	10°	12°
Lowest 7°	Lowest 7°	Lowest 7°	Lowest 7°	Lowest 6°	Lowest 10°	Lowest 11°	Lowest 6°	Lowest 5°
11 kn	9 kn	19 kn	7 kn	10 kn	9 kn	17 kn	10 kn	10 kn
Precipitation 0.1 mm	Precipitation 0.2 mm					Precipitation 0.6 mm	Precipitation 6.7 mm	Precipitation 1.1 mm

TEN DAY FARMERS FORECAST

TEN DAY FORECAST FOR SARAH BAARTMAN (PORT ELIZABETH)

TEN DAY FORECAST FOR PORT ELIZABETH - YR'S FORECAST

Monday 14 Sep	Tuesday 15 Sep	Wednesday 16 Sep	Thursday 17 Sep	Friday 18 Sep	Saturday 19 Sep	Sunday 20 Sep	Monday 21 Sep	Tuesday 22 Sep
18°	15°	17°	17°	18°	19°	18°	14°	16°
Lowest 14°	Lowest 12°	Lowest 12°	Lowest 14°	Lowest 14°	Lowest 13°	Lowest 16°	Lowest 13°	Lowest 13°
23 kn	16 kn	22 kn	13 kn	16 kn	11 kn	17 kn	19 kn	8 kn
	Precipitation 0.5 mm	Precipitation 0.3 mm	Precipitation 0.1 mm			Precipitation 1.1 mm	Precipitation 13.9 mm	Precipitation 0.3 mm

TEN DAY FORECAST FOR JOE GQABI (ALIWAL NORTH)

TEN DAY FORECAST FOR ALIWAL NORTH - YR'S FORECAST

Monday 14 Sep	Tuesday 15 Sep	Wednesday 16 Sep	Thursday 17 Sep	Friday 18 Sep	Saturday 19 Sep	Sunday 20 Sep	Monday 21 Sep	Tuesday 22 Sep
21°	23°	21°	23°	26°	28°	30°	20°	15°
Lowest 6°	Lowest 3°	Lowest 5°	Lowest 5°	Lowest 6°	Lowest 9°	Lowest 15°	Lowest 7°	Lowest 5°
12 kn	10 kn	13 kn	6 kn	9 kn	9 kn	17 kn	13 kn	17 kn
							Precipitation 0.1 mm	Precipitation 0.3 mm

TEN DAY FORECAST FOR ALFRED NZO (MOUNT AYLIFF)

TEN DAY FORECAST FOR MOUNT AYLIFF - YR'S FORECAST

Monday 14 Sep	Tuesday 15 Sep	Wednesday 16 Sep	Thursday 17 Sep	Friday 18 Sep	Saturday 19 Sep	Sunday 20 Sep	Monday 21 Sep	Tuesday 22 Sep
20°	12°	23°	19°	28°	25°	33°	12°	9°
Lowest 11°	Lowest 7°	Lowest 9°	Lowest 8°	Lowest 7°	Lowest 9°	Lowest 13°	Lowest 7°	Lowest 5°
10 kn	7 kn	10 kn	8 kn	6 kn	9 kn	6 kn	9 kn	5 kn
Precipitation 3.9 mm	Precipitation 3.1 mm	Precipitation 0.3 mm				Precipitation 1.3 mm	Precipitation 15.5 mm	Precipitation 16.6 mm

BLOW THE WHISTLE & REPORT CORRUPTION

DID YOU KNOW?

FRAUD: is defined as an unlawful and intentional making/ conducting of a misrepresentation which causes actual prejudice or which is potentially prejudicial to another. The attempted fraud is treated as seriously as accomplished fraud.



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Call the Anti-Corruption
hotline toll free
0800 701 701



**STAY
HOME**
SAVE SOUTH AFRICA

BLOW THE WHISTLE & REPORT CORRUPTION

DID YOU KNOW?

CORRUPTION: In terms of section 3 of the Prevention and Combating of Corrupt Activities Act, is committed by any person who directly or indirectly: Accepts or agrees or offers to accept any gratification from any other person, whether for the benefit of him/herself or for the benefit of another person.



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BLOW THE WHISTLE & REPORT CORRUPTION

DID YOU KNOW?

**DRDAR promotes an anti-fraud and corruption free culture amongst staff and stakeholders of the Department.
Promotes high ethical standards in the department.
Investigates all reported fraud and corrupt activities.
Detects fraud and corruption.**



BLOW THE WHISTLE & REPORT CORRUPTION

DID YOU KNOW?

“
During 2018/19 a total of 3 cases ranging from allegation of corruption, nepotism and maladministration, payment of services not rendered and fraud/ abuse of power were reported investigated, finalized and closed
”



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