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SURVIVAL KIT FOR COVID-19 PANDEM

FACILITATOR
Dr Mary
Thomas

**SURVIVAL KIT
for Covid-19 Pandemic**

SURVIVAL KIT FOR COVID-19



LEARNING OBJECTIVES

After this workshop, participants will be able to:

- Define what is mental health and its implications in the current pandemic
- List a plan of action on how to create a Survival Kit
- Generate the plan to utilize it as a Survival Kit



COURSE CONTENT



MODULE 1

- Understand briefly what is SARS-CoV 2, the COVID-19 infection and its implications on mental health.
- Survival of the Fittest

MODULE 2 : PLAN OF ACTION IN CREATING A SURVIVAL KIT

- What is your North Star?
- Financial Stock-take
- Health is Wealth
- Emotional Well-being
- Parenting
- Mind
- Quality of Life
- Spiritual



MODULE 3 : EXECUTING THE SURVIVAL KIT

- Follow your North Star
- Financial Budgeting
- Take charge of your Health
- Feel your Feelings
- I am a GREAT parent!
- Affirm your Affirmations
- Living in the Present
- Believe in a Higher Power

TRAINER PROFILE | DR MARY THOMAS



- Doctor of Medicine from Davao Medical School Foundation Inc, Philippines
- Volunteer at Hospitals, Medical Camps, Health Centers and now consulting via Telemedicine
- Counselor for almost 40 years
- Pioneering team of the NGO, MINDA, the first Mental Health NGO in Malaysia, headed by Dr Abdul Kadir Abu Bakar, Director of Hospital Permai, Johor Baru
- Peer- Student Counselor in College, Support Counselor in Church and in the Communities
- Volunteered with Dr Aminah Kassim, Head of Adolescent Psychiatry, Hospital Permai, Johor Baru
- Worked with academically-challenged students
- Pioneering team of Intan-Life Zone, a home for HIV/AIDS persons in Johor Baru
- Pioneering team of JEWEL, the NGO for Women's and Children's Welfare.
- Initiated Emotions Anonymous in Davao City, chapter of Emotions Anonymous, USA.
- International Best-Selling author of the anthology 'Break Free To Stand In Your Power'
- Co-author of ' Break Free To Health and Vitality', to be launched in October 2021



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