

Well-being versus ill-being of workers during the coronavirus epidemic and the path to resilience

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IMPACT OF COVID-19 ON WORKERS

COVID-19 and ill-being at work



Anxiety caused by the health risks associated with coronavirus.



Isolation, especially for people working at home.



Increased pressures due to school closures for parents who have to work.

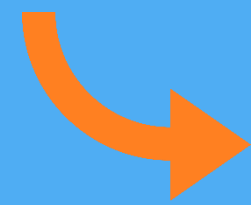
COVID-19 and ill-being at work



Increased workload due to the large number of absent workers



Unemployment or social insecurity: Employees are emotionally and financially affected by job instability and insecurity. .



Uncertainty as to the duration of the crisis, fear of losing a job or income, etc..

COVID-19 and ill-being at work



Feelings caused by grief and bereavement.



Psychological distress: due to confinement. And the deconfinement did not necessarily allow a return to normal.

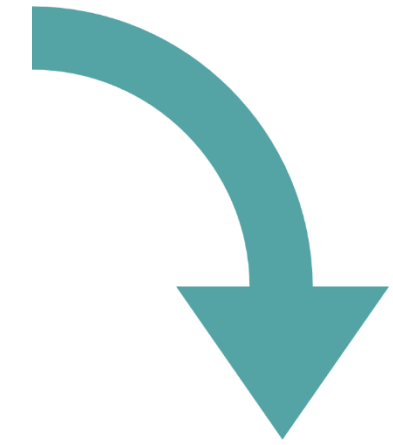


Degradation of social relationships: Telework can lead to many tensions in interpersonal relationships because of the distance and the modes of communication used.

CORONA-VIRUS EPIDEMIC



Social distancing



Confinement

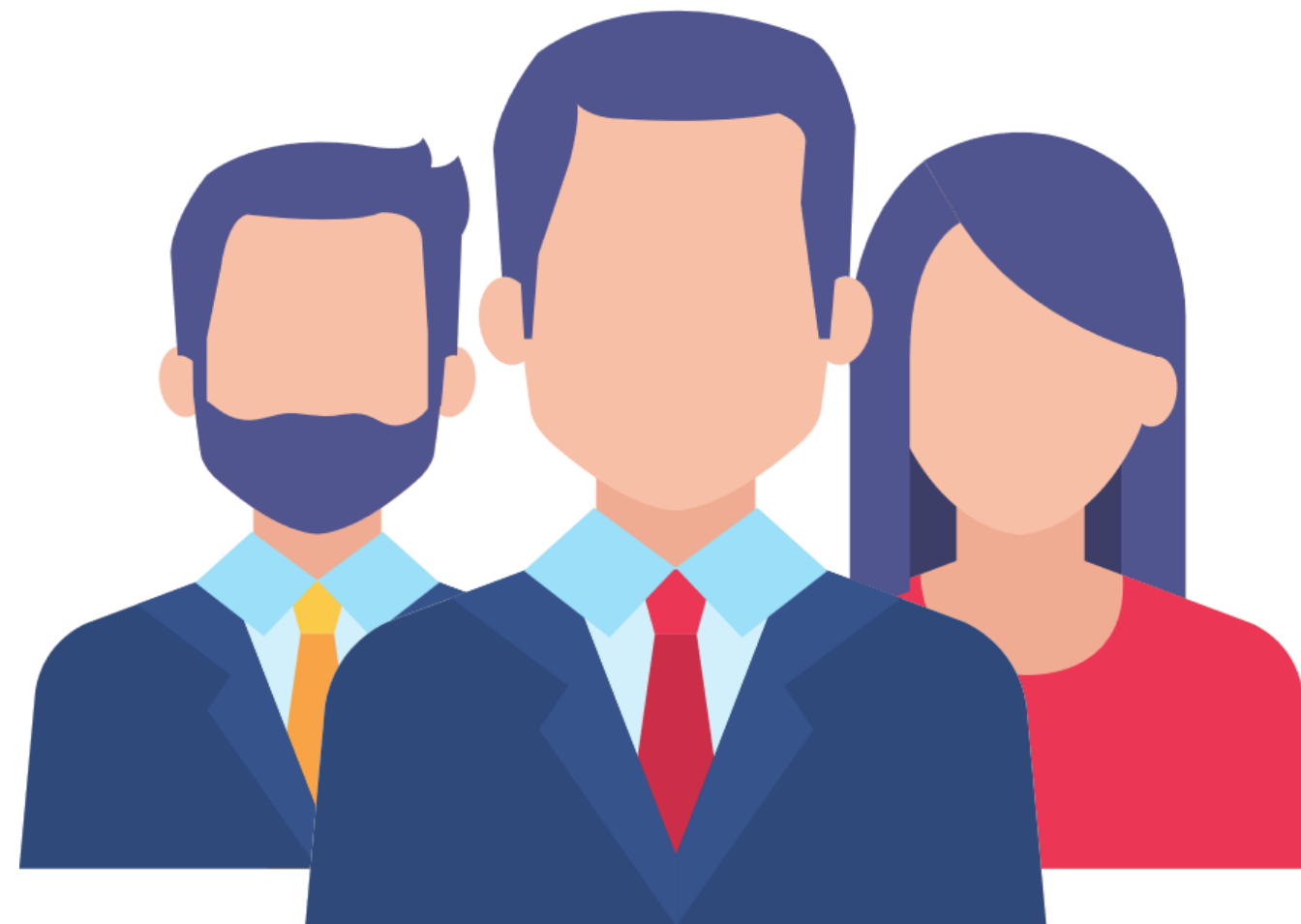
Psychological effects

Isolation

Fear

Anxiety

Souffering



Ill-being

Panic

Stress

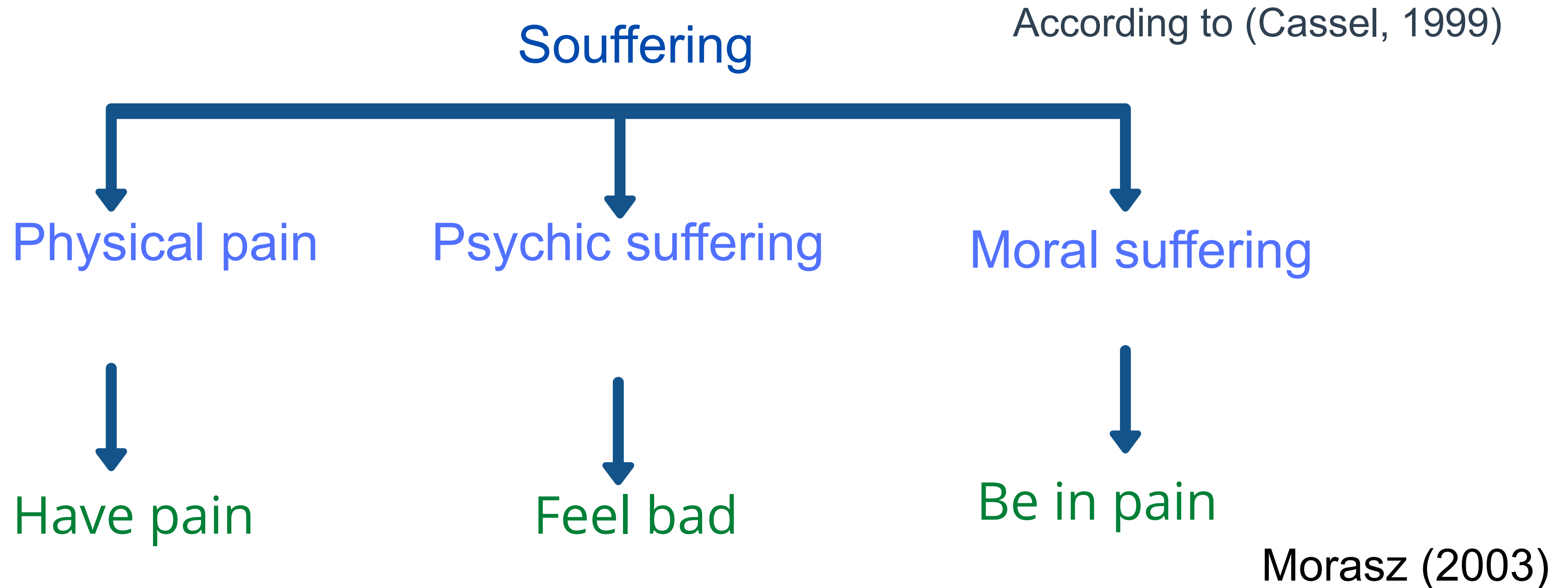
Depression



THE CONCEPT OF SUFFERING

The concept of suffering

"Suffering is a specific state of distress that appears when the integrity of the person is damaged. It is measured through what patients say and is expressed in the distress they experience and in their assessment of the seriousness of their illness"



QUALITY OF LIFE

Capacity for
expression and action



Employment and
working conditions

Working content

Perception of the quality of
life at work

The National Interprofessional Agreement (NIA)

RESILIENCE AND ITS APPROACH

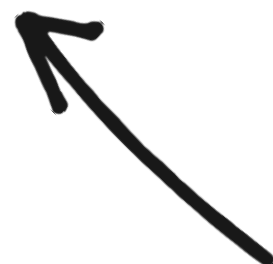
5. Restructuring

Optimism, sustainable development, self-knowledge, self-esteem, etc.



Awareness of the situation, and through loss acceptance.

4. Acceptation



Inability to concentrate; diminished sociability; isolation and despair; weight loss or weight gain; adoption of bad habits, thoughtless choices; grief. Etc.

3. Post-trauma



1. Traumatic shock

Personal tragedy, accident, harassment, failure, financial problems, social problems, problems at work



2. Protest

Physical reactions: migraines, insomnia, digestive problems, etc.

Example of behavioural reactions: Drug use, disorganization, isolation, etc.



Thank you for your attention
Questions.