



# Light up your life!

*A guide for your well-being*

# The new normal is a difficult time for all.

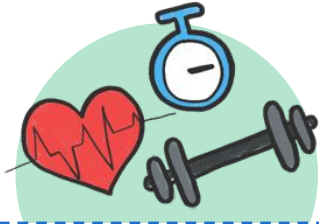
The Covid-19 pandemic has changed the way we live and work in Singapore, and as you adapt to the new normal, you may feel concerned, anxious or worried about finances, family, friends and your health...



One must remember though that  
**it is normal to feel this way during this time.**  
These are unprecedented times for everyone.

# Take care of your physical health and mental well-being...

It is important that you take care of your physical, social and emotional well-being during this time! If you take good care of yourself, you can take care of your family too!



1

Are you exercising and sleeping well?



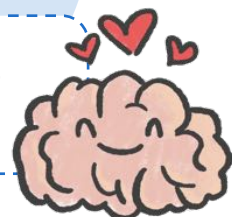
2

Are you staying connected with your friends?



3

Are you aware of your thoughts, especially negative thoughts?



# Stress can affect you!

You may not realise, but stress can affect how we feel, how we think and how we act. It is important to look out for the symptoms shown below and seek help so you can get better.



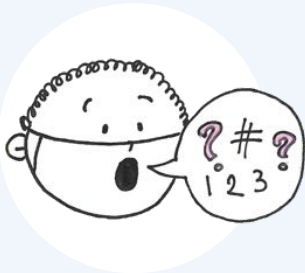
Lack of sleep or too much sleep



Dependency on alcohol



Irritability or anger



Change in behavior  
(e.g. saying unusual things)



Weight loss or gain



Unable to control one's  
thought



Signs of lost interest



Frequent feelings of fear and/or  
accompanied by fast heart rate,  
difficulty breathing



Difficulty in performing  
daily tasks

# How can you stay positive, and manage feelings of stress and worry?

1



Connect with your friends and family, either within your dorm, or online over the phone.

2

Don't bottle up your feelings, and talk to a friend or counsellor. You can also practice gratitude and acceptance, and focus on what you can change instead.



3



Practice a regular routine that includes exercise, healthy meals and good sleep.



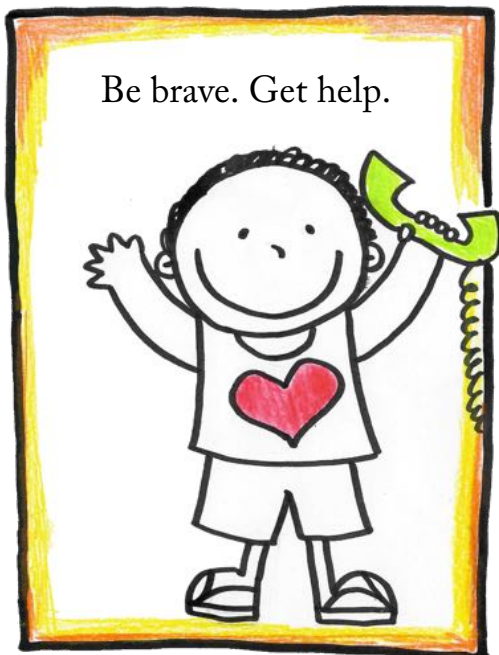
# Remember, help is here for you!

You are not alone through difficult times –  
**there is help available!** It is important that you seek help early...

1. Speak to your buddy/friends in the dorm or at work
2. Call our tele-counselling helpline
  - i. **HealthServe** @ +65 3157 4460  
(Call-back service)
  - ii. **Migrant Workers' Centre**  
@ +65 6536 2692 (24/7)
  - iii. **Hear4U WhatsApp:**  
6978 2722 (Tamil)  
6978 2723 (Bengali)  
6978 2724 (Mandarin)  
6978 2725 (English)



Below are who you can contact for additional issues:



### *For employer issues*

- Speak to MOM's FAST Officers
- Call MOM at 6438 5122 (Mon-Fri 8:30am-5:30pm, Sat 8:30am-1pm)
- Visit [mom.gov.sg](http://mom.gov.sg)

### *For health issues*

- Visit your nearest medical centre located at a Recreation Centre or dormitory
- Use Telemedicine service to call a doctor via the FWMOMCare App

### *For scams*

- Call 999

This free booklet is available in Bengali, Tamil, Chinese, and Burmese.  
If you would like copies for your facility, please write to  
[www.mom.gov.sg/efeedback](http://www.mom.gov.sg/efeedback) or [mybrothersg@nus.edu.sg](mailto:mybrothersg@nus.edu.sg).

For more resources, visit

- 1) [www.mybrother.sg](http://www.mybrother.sg) and follow My Brother SG on Facebook at  
[www.facebook.com/mybrothersg](http://www.facebook.com/mybrothersg) for health tips
- 2) [www.mom.gov.sg](http://www.mom.gov.sg) and follow Ministry of Manpower on Facebook at  
[www.facebook.com/sgministryofmanpower](http://www.facebook.com/sgministryofmanpower)

A collaboration between MOM and My Brother SG (a nationwide network of organisations passionate about migrant worker engagement) in partnership with Project DAWN Taskforce, comprising of members from healthcare and non-governmental organisations serving the migrant community.

Illustration copyright by Kitesong Global.

