

# JOIN OUR MANDELA DAY VIRTUAL DISCUSSION

THEME:

## STAFF WELLNESS DURING COVID-19 AND BEYOND

As the number of COVID-19 infections and deaths in South Africa increase and citizens deal with life under lockdown, South Africans are experiencing increasing stress. For many staff members, our new normal means working online whilst home schooling our kids, providing child care to small children, and taking care of elderly family members, all while keeping other aspects of our households running. Social distancing has led to isolation for many, with support mechanisms provided by family and friends having fallen away.

In and outside our homes we are witnessing gender-based violence, as well as a global economic downturn that has led to job losses, incidences of human rights violations and police brutality in our communities, and the persistence of structural racism in all spheres of society.

This Mandela Day, we would like to invite you to stop for 67 minutes and give back virtually by participating in an online panel discussion hosted by Matie Community Service (housed in the Division for Social Impact) and involving experts focused on physical and mental wellbeing. You'll be able to engage with the panellists and fellow staff members as we discuss practical methods to prioritise our physical and mental health, and share advice and our experiences of life during a pandemic.

### QUESTIONS WHICH THE PANELLISTS WILL ADDRESS ARE:

What is COVID-19 teaching us?

How do we cope with this new way of working and being?

How is Stellenbosch University as an institution supporting the wellbeing of its staff and most importantly, how do we as an institution honour Mandela's legacy during this global crisis and beyond?

DATE: 17 JULY 2020

TIME: 12:30 - 13:37

[Read more about our Mandela Month activities and our programme for 17 July 2020](#)

[CLICK HERE TO RSVP](#)



**DR GILLIAN ARENDSE**

PANEL CHAIR



**DR LYNNE DAMONS**

PSYCHOLOGIST & LECTURER  
STELLENBOSCH UNIVERSITY



**MS SHIBU MAMABOLO**

HEAD: EMPLOYEE WELLNESS  
STELLENBOSCH UNIVERSITY



**PROF SORAYA SEEDAT**

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