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.
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

Psychological effects

Confinement

Isolation
Fear
Anxiety
Souffering

Ill-being
Panic
Stress
Depression
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."

According to (Cassel, 1999)

The concept of suffering

Souffering

- Physical pain: Have pain
- Psychic suffering: Feel bad
- Moral suffering: Be in pain

Morasz (2003)
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
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.

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

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

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

Awareness of the situation, and through loss acceptance.
Thank you for your attention
Questions.