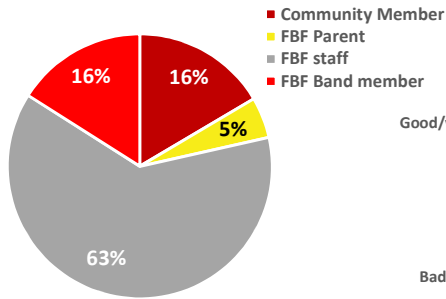




Field Band Influence in the time of COVID-19

Pulse-check on wellbeing, coping mechanisms & influence of FB's interventions
May 2020

Respondent composition

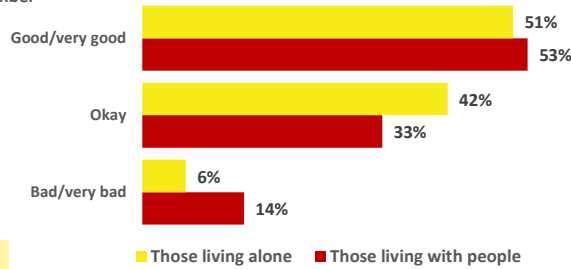


Respondents described the changes in behaviour made by them on account of the influence of Field Band conversations, meetings, information packs and other messaging around COVID-19.
Here are the Top 10 changes mentioned:

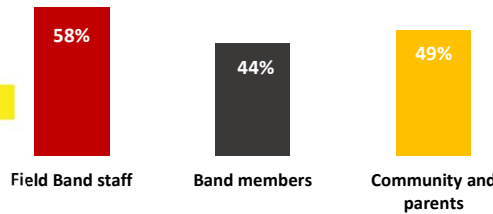
Number of respondents



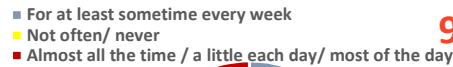
How feeling most of the time



Percentage who feel 'Good'



Feels unmotivated, depressed, hopeless or bored



200
Total number of respondents

Coping mechanisms used



Responses on what has changed about how you think and act:

"Life is indeed precious and can be cut short. My main priority is to take time to frequently check on people close to me."
 "Do everything in my power to complete my studies in record time and do everything I've always kept on postponing."
 "I've learned that I can survive in difficult situations. And I get more time to really think thoroughly when I'm alone."
 "When standing in solidarity as a nation or as the world you can

"Value life and be grateful for our good health and the spirit of Ubuntu because now more than ever we are connected."
 "Self-introspection is essential. I have learned that planning is vital as well. Appreciate every little time you spend with your family because it can change in a split second."
 "Every life counts and I am responsible for that."