



*Travelocity*

**MOVEMENT CONTROL ORDER/ LOCKDOWN**

# **CHEAT SHEET**

**250 (More) Ideas For Them Bored Heads**

# ELDERLY



Elderly or the ageing population is any persons aging 60+. While there is no cut off stated by WHO, the commonly agreed definition by UN is 60+.

How do we as family members and community provide support to the elderly in health crisis and pandemic such as Covid-19? A few things below before you read further:

## A few facts

- 1) Know that health and well-being are not only determined by our genes and physical environment but also the physical and social environment
- 2) 'Elder abuse' is a term you might want to start paying attention to. In 1998 there were 2mil reported of elderly abuse. In a 2017 study in 52 countries, and estimated 15.7% of elderly were subjected to some form of abuse
- 3) The common type of abuse reported are emotional, financial and physical abuse
- 4) Malaysia is an ageing country with more than 7% citizens aging 60 and above in 2018
- 5) These factors in combination are linked to longevity: Diet, Low-stress life, Caring community, Activity and Spirituality

## What you can do

- 1) Eyesight decline with age, and with further eye condition/vision issue, do impact risk of fall as we age. To help the elderly, you can:
  - a) Increase ambient light level
  - b) Add a lamp
  - c) Lighten up your walls
- 2) In the elderly, there is a decreased blood flow to nerve endings, causing loss of feelings on their feet/toes, and in their fingers. They won't be able to grab as tightly on grab bars/walkers - increasing risk of fall. What you can do to help increase blood circulation in their feet:
  - a) Encourage them to do leg exercises
  - b) Use an elevating pillow
  - c) Buy compression socks and bandages
  - d) Leg massages and hydrotherapy
  - e) Keeping their feet warm
- 3) Emotionally
  - a) Respect them emotionally and physically
  - b) Respect their right to make choices
  - c) Treat them with dignity; listen to their concern, ask for their opinion, involve them in decisions, and speak to them as adults even though you're not sure how much they understand you

# MENTAL HEALTH



Being 'stationary', indoors and unable to resume regular routine takes more than just adjustments. It takes an active and present mind to ensure your day-to-day activities support what goes on in psychologically too. The tips below are for you and the rest of your household to help ensure you are all emotionally and psychologically sustainably supported.

## Relationships

- 1) Mend and strengthen familial bond throughout this period – with your spouse, children and the elderly
- 2) This is not the time to be selfish, but still you need to practise positive self-care
- 3) Be at your emotional best for you. Others under your care depend on you for emotional support too
- 4) Be fair as everyone is at risk of mental health crisis in these trying times. Communicate positively and understand others have right to their opinions too, including young children

## Day to Day Activities

- 1) Kids love structure. Start structuring their days and upcoming weeks in a well- balanced manner so that it becomes more manageable and predictable for you as an adult.
- 2) Keep an organiser to yourself, set goals and plans to achieve them ! More ideas [here](#) !
- 3) Have a 'me' time everyday to rest and be at ease. This can be in form of entertainment, news, naps, indoor exercise or socialising safely !

## Recuperating the mind and soul

- 1) Forgive. Everyday before you sleep
- 2) Rest mind and soul; enough sleep and stay away from stress
- 3) Identify and get to know your stress sources. Analyse those you think you can start fixing !
- 4) Bored? Lonely? Get in touch with family members, loved ones and those you trust to be good listeners
- 5) Plan and settle debts, and pay off where you can those personal loans -- within capacity!
- 6) Avoid anxiety triggers. Reel yourself back to the present. Ask what's happening now, am I safe, what is it that I need to do right now? If no, make an appointment to do it later
- 7) Meditate, *dzikr*, pray – improve your spirituality to connect you and the wider realm of life, being and existence.
- 8) Practise gratitude

## Other activities to destress

Colouring, drawing, writing, conversing, Sudoku, Crossword puzzle, declutter, tidying (Click [link](#) for more activities!- Slide9/12)

# WORK FROM HOME



## Internet connection

- Have you paid your internet service bill?
- Ensure connection is Okay before you start working
- Test connection a few hours or a day before e-conferencing
- Have an alternative in mind in case your regular connection doesn't work

## Environment

- Setting the mood is essential; is your desk/work station set up and ideal?
- Dress for the occasion if you feel it does help boost productivity
- Wear something suitable for live/video conferences/meetings

## Managing schedule

- If your work is 9 to 5, get your essential chores/routine done before you start working or schedule them after
- If you're free lancing or work at your own time and pace, take this chance to improve your working schedule and habits - to be more efficient
- Sleep well night before to ensure you're ready physically and mentally the next day

## Kids and elderly

- Schedule in activities and chores for your kids to keep them occupied
- For younger kids, if you have help at home, let them help you
- For older kids, help structure their days including time to study/revise and complete chores
- For elderly, communicate that you are working and will attend to them when needed

## Flow in your work

- Practise structuring your work schedule now that you have more flexibility
- More complex tasks at the beginning of the day, and the less tedious in the afternoon
- Never assume datelines - practise checking with your team when are tasks/reports are supposed to be turned in
- A priority list can be helpful too. Stick them on a board to help remind you!

## Ergonomics

- Practise a healthy posture, lighting and time off screen
- Take work breaks for emotional and physical health ie 5 minutes every hours to avoid decision fatigue, restore motivation, increase productivity and creativity, consolidate memories and improve learning

# COMMUNICATION



## Kids

- Perfect time to get your kids to learn effective communication habits ie how not to scream when they need something. Remember to teach by example too
- While you have more time at home, be present and engage in conversation with them pro actively and not while multi tasking.
- Ideas spur and knowledge through this medium as well
- Do encourage them to talk/ask
- Do not force them into conversations when they're not ready

## With your spouse

- The time test to experiment effective communication styles! Style changes as your relationship continues and when circumstance change.
- Ask and also learn what style suits him/her
- If silent treatment is on going and prolonged, it can become abusive, toxic and damaging, for you and the family
- For victims of abuse, silence can be a form of self-preservation. You be the judge. Consult a professional if you need to or when things get overwhelming
- Walk away and do something you enjoy, really !

## With the elderly

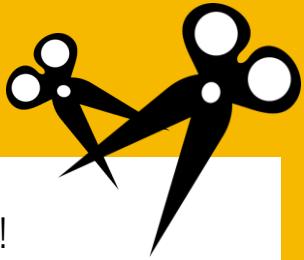
- They need to be heard, they need to converse to keep them alive and be relevant
- For more vulnerable elderly who needs support physically and emotionally, be tactful on the words, tone and volume which you use
- Be sure you're not interrupting their rest time
- Listen and don't judge, just be a good listener. A passionate and loving one
- If they are bothered in any way, have the decency to ask and listen what's bothering them and what you can do to assist to reduce/eliminate the source

## Friends

- Flip through that year book or alumni list. Anyone you interested to re-connect?
- A personal touch is always the best. Be in touch to see how your friends are doing!
- Keep things exciting; i) plan for a post pandemic reunion, ii) activities which you can do together now (safety first) ie group WhatsApp video call, Google Hangout, HouseParty app etc or plan to support your fav school teachers especially those in retirement

## You

- Practise positive self-talk (the opposite of negative talk) to;
- Show yourself more self compassion, understand who you are and what you've been through
- Connect with positive people to absorb their positive outlook and emotions



## 1980s and 1990s revisit

- Create mixed cassettes-CDs or playlist and dedicate/mail it to your loved ones!
- Print them photos and start a photo album
- Write descriptor for the photos which has been printed
- Write a letter (practise good hygiene) to a pal and post them
- UNO game, and card games/board games, with the family.
- Throw in charades and play them on group video calls for added fun!

## Kids

- Build a cardboard anything ! Structures; castle, spaceship, Puppets, Figurines etc
- Safe and kids friendly and cool science projects
  - Light refraction with glass bottle
  - Growing rock candy in glass
  - Mentos and coke explosion
  - Oil and water don't mix

## Fix 'em

- Look around yourself and list all items which need fixing
- Plan which you do you want to fix first and later. Fix 1 item each day!
- Things to fix; a loose screw, a broken tile, bowl, bulb, shoe heel, water filter, air-conditioner, a broken frame, a rusty can opener, a dead remote control/clock, that sports watch which needs updating!

## Art, paper and craft

- Greeting cards; Create upcoming birthdays, religious/cultural celebrations cards
- Decorate work space/study with self-affirmation notes/pictures
- Print your/your kids daily/weekly schedule to encourage proactive daily approach
- Create puppets from characters which can be used for a puppet/shadow play/story telling
- Create cool signages for storage boxes, folders etc

## Can't access the services? Do it yourself!

- Practise good skin hygiene and routine while you save money from facial visit
- No gym? Make use of items around your house for workouts! Body weight is one of them!
- Massage is a good relief and relaxation therapy for anyone. Learn some strokes! p.s. be careful when massaging elderly, kids/babies and also those with untreated injuries/ medical condition and avoid scented oils when massaging babies
- Make use of online classes to engage with teachers, mentors, coaches, health service providers and therapists to make sure you are still supported to achieve your goals/ fix an issue

# CAREER



## A. Some facts & stats

- Unemployment rate in Malaysia (Jan 2020 by DOS) is 3.2%. The formula is Number of Unemployed Persons / Labour Force
- 60% of graduates remain unemployed 1-year after graduation

## B. Latest top talent trends

- Accountancy and finance positions
- Professionals with transfer pricing knowledge and new SST mechanics
- Lawyers with experience in fintech and e-commerce
- Compliance, risk and governance roles
- Agile talents; individuals who are products of MNCs and start-up environments
- Talent with digital or e-commerce knowledge and working experience
- Data savvy talent in (analytical and strategic) in manufacturing and operations

## C. Upskilling

- Ask for stretch opportunities at work
- Get your company to retrain and register you for upskilling courses
- Take up a certification or program to upskill based on gaps identified/skills needed
- Stay connected and updated, YouTube, TedTalks, books, advertisement etc
- Join an industry/professional association
- Learn at work
- Develop business acumen and improve on effective interpersonal skills

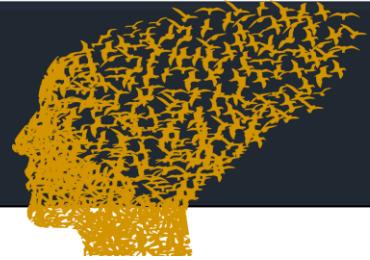
## D. Personalities which will get you hired

- A multitasker
- A strategist
- A decider
- A cautious person
- An independent thinker
- A team player
- A cultural fit

## E. Characteristics of successful freelancers/entrepreneurs

- Hard work
- Communication skills
- Professionalism
- Time management and organisation
- Persistence
- Responsibility
- Initiative
- Principles
- Goal and evaluation oriented
- Flexibility
- Self-discipline
- Passion and skills

# STUDENTS



## Refresh

- Take a second, step back and recall/refresh of why you're a student
- List objectives, goals and purpose of you being in school/college/ university

## Regroup

- The smaller goals which you need to achieve (i.e. pass courses/achieve certain CGPA)
- The ideal state mind and emotion which you want to be in in order to achieve those smaller goals
- The ideal time management which will make you achieve those smaller (and eventually bigger) goals
- The list of extra-curricular/social/humanitarian activities which you like to continue/start joining/initiate during your university years
- The knowledge, skills and other aspects which you want to change/improve
- The mentors, + positive/future minded friends and teachers which you like to become closer to, to ensure you're supported the right way

## Restart/start

- Putting the items above on paper. Be creative, list it, make it personal and relevant to you
- Ensure goals are ideally S.M.A.R.T (specific, measurable, achievable, relevant and time bound)
- Organise your lifestyle and environment to help ensure you achieve your time management

# Minimise the spending



## You

1. Gather ALL toiletries/make up items .. Figure out if you need to restock for the next 12 months! Probably not!
2. Gather all clothing items... can't fit into the wardrobe? Think twice before purchasing your next clothing items online/from the store
3. Books? Magazines...? Do you really need more ? Consider e-books, and other relevant sources of info
4. Gather all IT /Gadget items around your home. Ask yourself this? 'When was the last time I purchased a new gadget/adaptor just because I 'misplaced' the one I already had?' Have a permanent home for your items & save some \$\$

## Kids

1. Before you purchase more TOYS for your kids, pull out ALL toys around the house, place them into boxes/containers by categories (i.e. blocks, dolls, puzzles etc) and label them. It will be easier for your kids to find them, and for you to realise you have more than enough
2. Kids CLOTHES.. Gather them all, organise them, and tidy them back in the wardrobe. Do you need more? Make it a monthly goal to ensure you don't purchase unnecessarily i.e. one in, one out policy, or one in 5 out policy to ensure the wardrobe (and your wallet) don't spill
3. Purchasing online games (applies to both kids and adults)- necessity or pacifier? Let creativity explode with activities offline, novel ones.. Get hooked back to the real world !

## Utilities

1. Perfect time to re-think how you spend the energy (and the money around your home). Some ideas:-
  - Only switch on the light/fan when you're in the room
  - Save the AC for super hot days (if you have ones)
  - Fresh air: Open the windows/pull up the blinds in the day time for fresh air and ventilation
  - Switch off all unused electrical items toaster, oven, printer, TV, air purifier etc
2. Subscribe to online utilities dashboard/track your bills manually to understand your utility consumption pattern, hence your spending. Have a cap to how much you want to spend (max) on utilities
3. If you have your wi-fi on at home, ensure your mobile data is switched off. Turn mobile data on when you need to leave home
4. Don't turn full tap on, ever.. Except for when you're fixing a broken sink ! Ensure you use aerator/shower heads to cut water flow
5. Cut down shower time, especially if you've been spending up to 20mins in a single shower ! A single minute of showering using old-style shower heads use 15-20 litres/minute. Calculate already !
6. When you get the chance to, change to energy saving bulbs

## Mobile apps/software program etc

1. Make it a routine to check 'Manage account'/'Payment setting on mobile account to ensure you're only paying what you currently need
2. Delete mobile apps/software which you do not (need to pay). Alternatively, look for free versions if it works for you

# 'The first' stories



## The first man in space

- At age 27, Yuri Gagarin, Russian cosmonaut became the first man to travel to space
- Initially a foundryman, then then Soviet air force pilot, Yuri was selected into the Soviet Space Program
- It is thought that Yuri was selected from 19 other candidates due to his modest background
- Town, streets, parks and training centre in Russia were named after Yuri to honour him



## The first pilot

- Abbas ibn Firnas in 9<sup>th</sup> century Spain, designed a winged apparatus/human carrying glider, roughly resembling a bird costume, and flew.
- He was a polymath, an inventor, engineer, physician, aviator, Arabic poet and Andalusian music
- He founded the theory, on the structure of ornithopter, a vital component in aircraft stability during landing



## The first major irrigation project/canal

- Under King Menes during Egypt's first dynasty, he and his successors used dams and canals to divert flood water of the Nile into a new lake called 'Moeris' (3100 BC)
- Remains of the prehistoric irrigation works exists till today and known as 'Birket Qarun'



## First woman to reach the Mt Everest summit

- Japanese mountaineer, Junko Tabei, reached the summit in May 1975
- In 1992 she became the first woman to ascend all Seven Summits, scaling the highest peak in each world's major region



# TRIVIA

\* answer in last slide

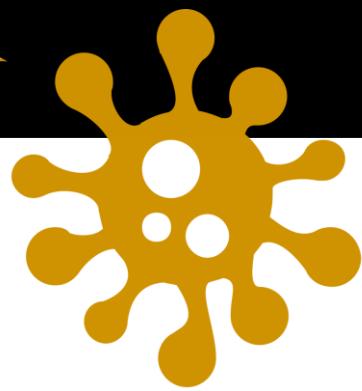


1. What does the 'm' in the formula  $E=mc^2$  represent?
2. What do Mercedes Benz, BMW, Volkswagen, Audi and Porsche have in common?
3. Name the longest river in the world
4. Liam Gallagher and Noel Gallagher were 2/5<sup>th</sup> of popular band called \_\_\_\_\_
5. Surfing has its origin from \_\_\_\_\_
6. Why do Buddhist monks wear orange coloured robes?
7. What galaxy are we in?
8. How many names were in Schindler's list?
9. Sputnik 1 is \_\_\_\_\_
10. The Galapagos Islands are part of which country?
11. ".....Be water, my friend" is part of popular quote by \_\_\_\_\_
12. Which movie depicted the introduction of Austrian mountaineer ,Heinrich Harrer to a young Dalai Lama? p.s. Brad Pitt as Heinrich ☺
13. How many sides are there in a cube? (Stick to your first guess)
14. How many Sultans ruled during the Malacca Sultanate?
15. When does the lunar eclipse happen?
16. Can you find sand dunes in Malaysia?
17. Which extinct bird came as a character in Lewis Carroll's Alice in Wonderland?
18. Which female ruler was mentioned/narrated in more than one holy book?
19. At what age did Victoria became the Queen of the UK of Great Britain and Ireland?
20. Who were the Janissaries?

# COVID-19

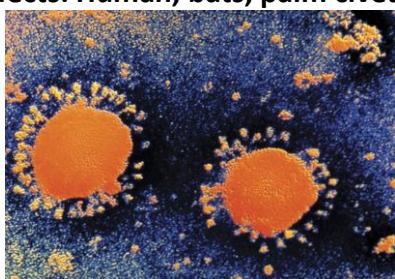
Info as at 4<sup>th</sup> April 2020:

**Coronaviruses are a family of viruses, 7 which from, is known to cause human diseases.**



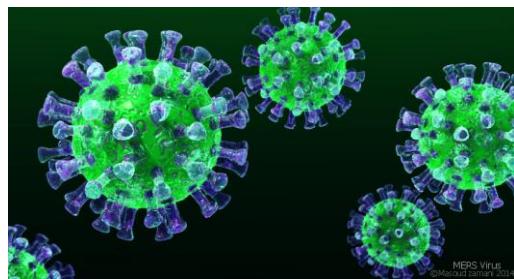
**4 causes mild diseases, and 3 which can cause more serious outcome**

First emerged: Late 2002  
Infects: Human, bats, palm civets



**SARS-CoV** <sup>1</sup>

Note: SARS was more deadly but less infectious than COVID-19. There were no outbreak of SARS since 2003.



**MERS-CoV** <sup>2</sup>

First reported: 2012  
Infects: Human, camel, bats

First reported: 2019  
Infects: Human\*



Name of virus → **SARS-CoV-2** <sup>3</sup>

Name of disease caused by/ associated with the virus → **Coronavirus disease 2019**  
**COVID-19**

Symptoms → **Fever, cough, shortness of breath\*\***

Death toll → **62,734 (April 04, 2020, 17:13 GMT)**

Number of days between contracting the virus and when symptom starts

**2-14**

Virus transmission

**Person-to-person**

**Respiratory droplets from cough/sneeze of an infected person**  
**OR**  
**Fomites - when someone touches a contaminated surface and then touches the mouth, nose or eyes**

Note: Droplets are too heavy to hang in the air and quickly drop fall on floors or surfaces\*\*

You can be infected by breathing in the air if you are within 1 meter of a person who has infected by the virus or via contaminated surfaces\*\*

1 [https://ppdictionary.com/viruses/sars\\_cov.htm](https://ppdictionary.com/viruses/sars_cov.htm)

2 By Scinceside - Own work, CC BY-SA 3.0, <https://commons.wikimedia.org/w/index.php?curid=33035795>

3 By NIAID - <https://www.flickr.com/photos/niaid/49534865371/>, CC BY 2.0, <https://commons.wikimedia.org/w/index.php?curid=87484997>

\*ongoing studies are conducted to further understand the virus, its origin and etc

\*\* From World Health Organisation

# TRIVIA (answer)



1. Mass
2. They are auto brands founded and manufactured in Germany
3. River Nile (6695km)
4. Oasis (English rock band)
5. Research suggests that surfing dates back to the ancient Polynesian culture which existed long ago (more: first observed by European sailors in Tahiti bac in 1767)
6. It was the only available dye available then, and the tradition stuck since centuries ago
7. The Milky Way galaxy
8. Oskar Schindler saved the lives of 1,200 Jews during the Holocaust
9. The first artificial earth satellite launched by the Soviet Union (in October 1957)
10. The Republic of Ecuador
11. Bruce Lee
12. Seven Years in Tibet
13. Twelve (12)
14. Eight Sultans ruled the historic Malacca Sultanate (between 1400-1511)
15. When the Earth is in a direct line between the Sun and the Moon
16. Yes. In Melaka.
17. The dodo. It became extinct in the 1860s. (Lewis Carroll published Alice in Wonderland in 1865)
18. Queen of Sheba
19. Eighteen years old (18)
20. The Janissaries were elite infantry units which formed the Ottoman Sultan's household troops, bodyguards and first modern standing army in empire

**Thank You!**