

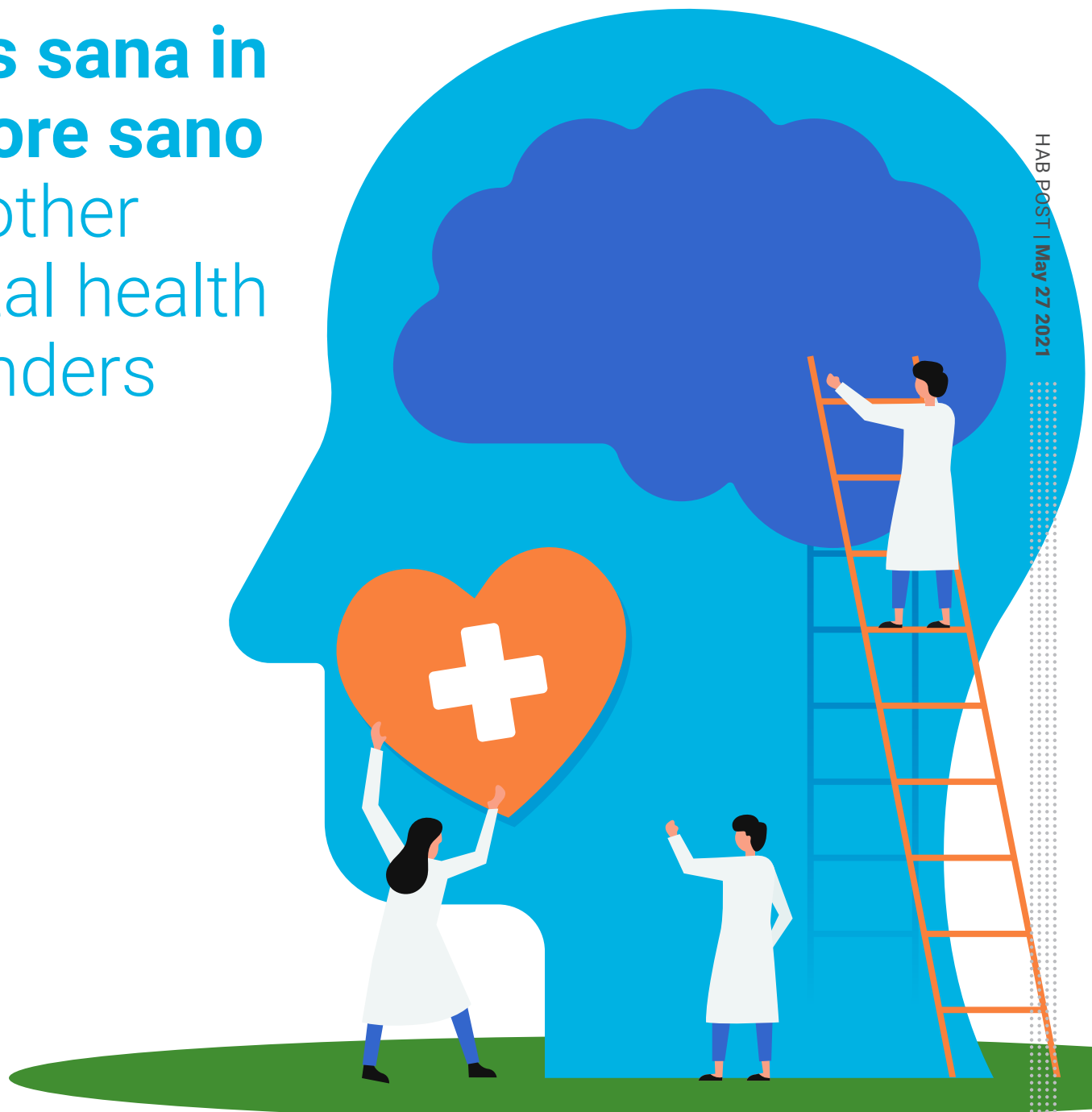
Hab Post

Updates from
UN-Habitat

UN HABITAT
www.unhabitat.org
unhabitat-info@un.org

ISSUE 31 | 27 MAY 2021

Mens sana in corpore sano and other mental health reminders



Editor's note

Dear Reader,

It is said that there is a time for work and a time for play. At HabPost, we truly believe that it is just as important to work, play, love, pause, reflect, and regenerate. That is why today we mark a pause and dedicate our feature story to mental health. COVID-19 is still very much with us and with its effects on our well-being.

It is important to recognize things aren't as usual, and that it is fine for our own individual answer not to be usual either. To help us cope, our story provides tips and links to resources to better take care of our mind and body.

Let us all take a step back, breathe, and refocus on the essential.

Happy reading,

The HabPost Team

On the menu

Alerts

Feature story

UN-Habitat in motion

Success Stories

Vacancies

Upcoming events and corporate calendar

Missions

Learning

Innovation corner

Did you know?

Urban Agenda Insider

Alerts

COVID-19 VACCINATION

→ The [UN system-led COVID-19 vaccination programme](#) registration is ongoing.

The registration platform helps review eligibility, schedule COVID-19 vaccinations, and administer doses. Personnel will not be able to receive the vaccine without being registered on the platform. If you are outside Nairobi and interested in taking the vaccine, you can register and you will be advised on the nearest clinic to visit for the vaccination. The vaccine scheduler will set up your appointment based on vaccine availability at your location and you will receive a notification by text and/or email with the appointed date and time.

All UN Personnel and their dependents over the age of 18 are eligible to receive the COVID-19 vaccination. This includes staff members, UN Volunteers, interns, consultants and individual contractors, and other personnel holding a direct UN contract. Those identified to be at the highest occupational risk of contracting and getting severely ill from COVID-19 infection will be given priority.

All UN personnel are advised to register on the platform. The UN system-led vaccination prioritization will be given to those who have not previously been vaccinated. If you received the first dose of vaccine from the Government of Kenya and choose the UN System-led vaccine for your second dose, you will need to request a reschedule to a date 8-12 weeks after your first vaccination upon invitation to ensure adequate vaccine efficacy. The [self-registration online portal](#) will help you confirm the date of return for your second dose and access your digital certificate for the first dose. It is expected that Kenya will begin administering the second dose of the AstraZeneca vaccine from the first week of June 2021.



Mens sana in corpore sano and other mental health reminders



In May, we celebrate [tuna](#) and [UN peacekeepers](#). We also take the time to step back and recall that May is Mental Health Month. Given COVID-19 has been wreaking havoc in our lives for the most part of last year, the awareness-raising month makes for a great booster shot (pun intended) for the mind.

For months now, the pandemic has caused disruptions to healthcare systems, the economy, the movement of goods and persons, and the [SDGs](#). It has also taken its toll on the mental health of people by inducing fear, worry, and stress and [introducing significant changes to our daily lives](#). The [OECD](#) has shown that from March 2020 onwards, prevalence of anxiety and depression increased and in some countries even doubled: “the COVID-19 crisis has heightened the risk factors generally associated with poor mental health – financial insecurity, unemployment, fear – while protective factors – social connection, employment and educational engagement, access to physical exercise, daily routine, access to health services – fell dramatically.” And while some populations are more at risk than others, no one is immune to the effects of COVID-19 on well-being.

In fact, [the pandemic has now hit home](#). It has been the cause of stress for many UN-Habitat personnel, their families, and their friends. Globally, the pandemic has disrupted or halted critical mental

health services in 93 per cent of countries worldwide while the [demand for mental health is increasing](#). Under such unconventional conditions, it is important to remain kind to ourselves; it is equally important to take the time and seriously look into our mental health. The good news is there is a lot of resources out there to help us do just that.

In-house, the Joint Medical Service (JMS) regularly provides insightful tips on how to [manage our mental health](#). The latest installments of the JMS Mental Health Thermometer have covered topics from separation anxiety in children to burnout check-in and reversing burnout. These are powerful and highly informative messages to which we can easily relate. Monitor JMS’s emails carefully or contact them at 0793 484 333 or 0728 961 939 for more information or help.

The Inter-Agency Standing Committee (IASC) is also active in information dissemination and has recently released a [toolkit](#) containing illustrated posters with key messages to help older

adults maintain good mental health and well-being during the COVID-19 pandemic. This adds to their already existing storybook for children which is now available in [141 languages](#) and to the basic [psychosocial skills guide for COVID-19 responders](#).

Finally, the [Centers for Disease Control and Prevention \(CDC\)](#) website provides a stove of information to cope with stress and many useful links to resources tailored to a wide range of groups including [working adults, employees, students, parents](#), and others.

While stress and anxiety are normal reactions to the pandemic, too much of it can cause harm. Feeling stressed and fearful every day quickly takes a toll on our health and well-being. While we can’t be close to one another physically, we need to stay close emotionally and (re)learn to lean on each other. Remember: it is not only okay not to be okay, it is also essential. No emotion is permanent, but it is often up to us to be our own drivers of change.

11 positive behaviours that can help your mental well-being

Take control

One of the fundamental elements of good mental health is autonomy, self-expression and a sense of control. Find ways to infuse choice into your day. As much as possible, set your meeting times and retain control over your daily workload.

Be kind to yourself

Be kind to yourself and try not to overwhelm yourself with getting everything done. Being kind to yourself will make you feel happier and boost your self-esteem.

Organize your time

Establish regular hours if you are working from home due to COVID-19. Include mental health breaks during the day to reduce your stress to stay productive.

Embrace distractions

Make time for the distractions as part of your day. Plan to spend your lunch hour with family, pet or by getting a breath of fresh air.

Spend quality time at home

Prioritize quality time with loved ones, maintaining a healthy lifestyle, and staying connected.

Be active

Regular physical activity is good for mental health and overall wellness. Follow online exercises, dance, enjoy active video games at home, play sports while staying safe, take the stairs regularly, or work standing up.

Eat healthy food

A healthier lifestyle and diet strengthens our physical health and fosters mental resilience against COVID-19.

Keep yourself busy

Try to get going and keep doing — this will help restore your mental health. Try to find the motivation to do the activities you enjoy.

Ground yourself

Feeling stressed and overwhelmed? Try grounding yourself by noticing how you are feeling and what you are thinking, slowing down and connecting with your body by taking slow and deep breaths, and refocusing on your surroundings by engaging your different senses — sight, sound, smell, taste and touch.

Keep a journal of your thoughts and feelings

Many people have had to deal with stress and loss during the past year. Taking time to process our thoughts and feelings can help provide perspective, peace and acceptance.

Talk it out

If you feel stressed and overwhelmed, talk to your colleagues or supervisor about your feelings and challenges.

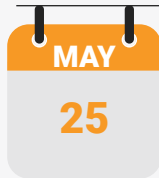


Partially adapted from WHO's website.

Upcoming events and corporate calendar



Other organizers



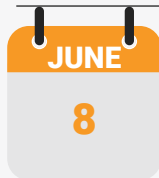
5th European Climate Change Adaptation Conference

The 5th European Climate Change Adaptation Conference (ECCA 2021) is taking place from 25 May to 22 June 2021. A series of nine webinars is organised from 25 May to 10 June, in the run-up to a high-level event on 22 June. Adaptation actions can help boost recovery, resilience, climate change mitigation, biodiversity conservation and restoration, job creation, citizen safety, social inclusion, well-being, and financial security. The goal of the conference is to inspire adaptation by showcasing solutions, exchanging knowledge, creating connections, and encouraging dialogue on how to act more and faster at every level. [More information](#)



Tomorrow. City. Data changes everything: Smart(er) infrastructure rules our world

The race for smarter infrastructures is on. Across the world, many public administrations are attempting to lower their carbon footprint, become resource-efficient, and provide better services to citizens. To improve infrastructure systems means for example thinking of energy production and storage, transport transformation, and efficiency gains in waste and water. Join over 70,000 smart city professionals from around the globe for this hyper-focused, solution-oriented live event. Discover the state-of-the-art projects and real, specific use cases. Dig into the KPIs of measures already implemented in cities from five continents. [More information](#)



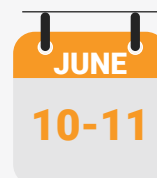
How to make cities more resilient? Results and recommendations from the CASCADE project

Risks related to climate change and disasters are not only the concern of professionals engaged with sustainable development. It is becoming more evident each year that climate change is an emerging security threat, and a field in need of multi-level risk governance. The EU Community Safety Action for Supporting Climate Adaptation (CASCADE) project aimed to improve the capacity to understand, assess, and treat current and future climate change-related risks at the local level, focusing in particular on the Baltic Sea Region (BSR) conditions. This event will bring forward the results and recommendations from the project. [More information](#)



The Response of Major Cities to the Challenges of the 21st Century

Hosted by the London School of Economics (LSE) European Institute and LSE Cities, this event forms part of [LSE's Shaping the Post-COVID World initiative](#), a series of debates about the direction the world could and should be taking after the crisis. Mayor of Barcelona Ada Colau will discuss the great transformations that we have to face as a society and the transformative role of cities in the face of those challenges. [More information](#)



International Conference on Resilient Cities (ICRC) 2021: 15

The International Conference on Resilient Cities aims to bring together leading academic scientists, researchers and research scholars to exchange and share their experiences and research results on all aspects of Resilient Cities. It also provides a premier interdisciplinary platform for researchers, practitioners and educators to present and discuss the most recent innovations, trends, and concerns as well as practical challenges encountered and solutions adopted in the field of Resilient Cities. [More information](#)

Vacancies

Role
Staff Assistant,
G5
Duty Station
New York, United
States
Deadline
17 June 2021
[Apply here](#)

Role
Evaluation
Officer, P3
Duty Station
Nairobi, Kenya
Deadline
2 June 2021
[Apply here](#)

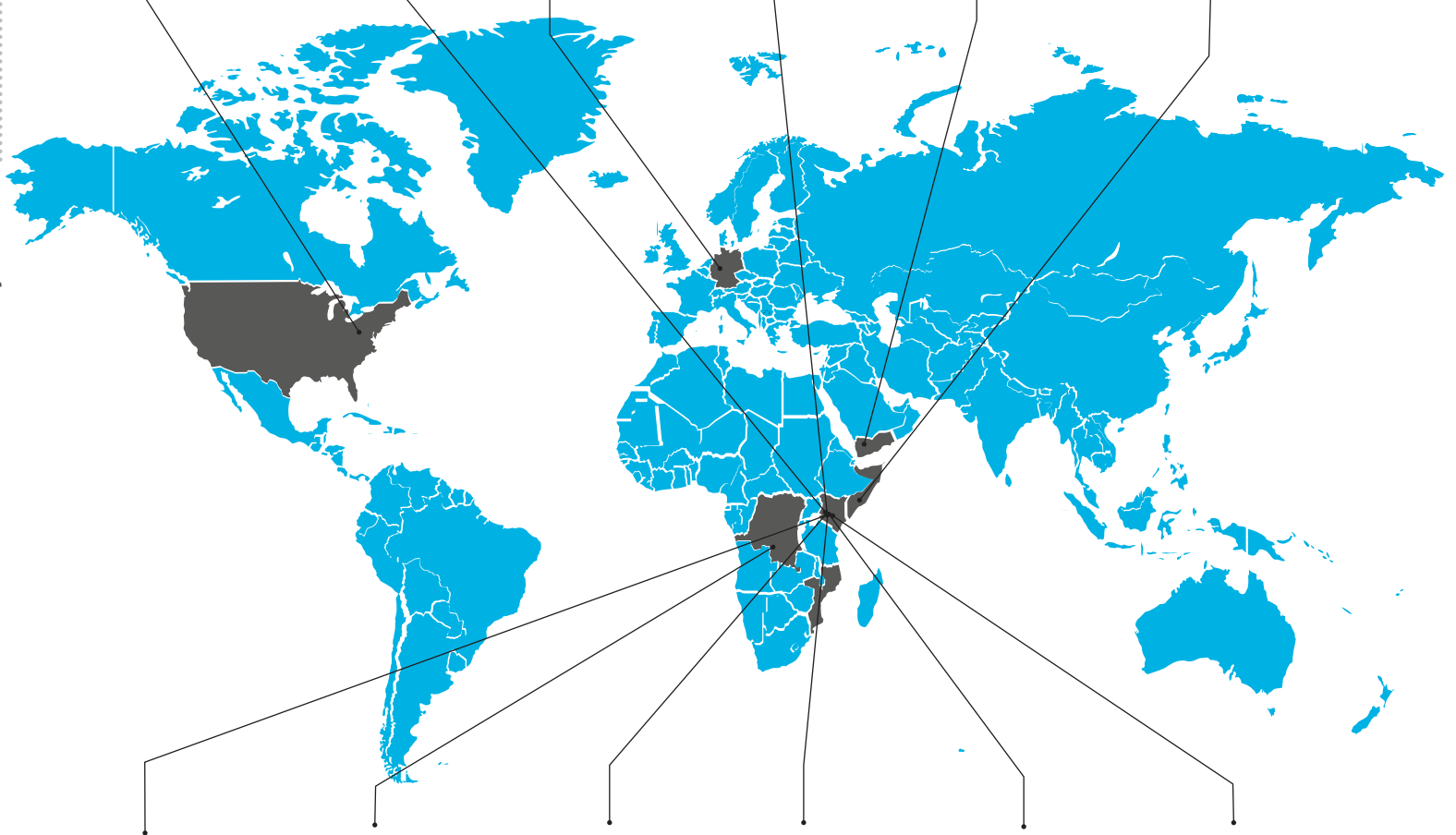
Role
Senior
Programme
Management
Officer (Project
Post), P5
Duty Station
Hamburg,
Germany
Deadline
19 June 2021
[Apply here](#)

Role
Programme
Management
Officer, P3
Duty Station
Nairobi, Kenya
Deadline
15 June 2021
[Apply here](#)

Role
Programme
Management
Officer (Project
Post), P4
Duty Station
Sana'a, Yemen
Deadline
4 June 2021
[Apply here](#)

Role
Programme
Management
Officer, Human
Settlements
(Temporary), P4
Duty Station
Mogadishu,
Somalia
Deadline
30 May 2021
[Apply here](#)

HAB POST | May 27 2021



Role
Public
Information
Assistant
(Temporary), G5
Duty Station
Nairobi, Kenya
Deadline
1 June 2021
[Apply here](#)

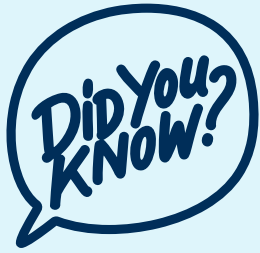
Role
Chief Technical
Adviser (Project
Post, Temporary),
P5
Duty Station
Kinshasa, DRC
Deadline
2 June 2021
[Apply here](#)

Role
Chief of Strategic
Planning Unit, P5
Duty Station
Nairobi, Kenya
Deadline
9 June 2021
[Apply here](#)

Role
Senior
Programme
Management
Officer (Project
Post), P5
Duty Station
Maputo,
Mozambique
Deadline
9 June 2021
[Apply here](#)

Role
Senior Finance
and Budget
Assistant, G7
Duty Station
Nairobi, Kenya
Deadline
17 June 2021
[Apply here](#)

Role
Chief of
Knowledge
and Innovation
Branch, D1
Duty Station
Nairobi, Kenya
Deadline
4 June 2021
[Apply here](#)



The UN has deployed a new approach to performance management

A more agile approach has been rolled out for the upcoming 2021-2022 cycle.

In the new system, the workplan is not initiated by the staff members but by the First Reporting Officers (FROs). You will find out how to do this by watching [this video](#). The details of the workplan remain to be completed by the staff member concerned and should be uploaded to Inspira following endorsement by the FRO.

See for your information the [Word Document template](#).



Deadline for workplan creation in Inspira for the 2021-2022 performance management cycle

31 May 2021

REMINDER

End-of-cycle evaluation for the 2020-2021 performance management cycle must be conducted by 31 May 2021. Staff members should review their work plan and complete their self-assessment while First Reporting Officers (FROs) should have completed either the mandatory classroom-based or [online Performance Management training](#) and now be preparing for the [performance discussion](#). Second Reporting Officers (SROs) should also have completed either the mandatory classroom-based or [online Performance Management training](#).



Participate!

Want your story featured? Submit your ideas or reach out to us at unhabitat-habpost@un.org.

Editorial Team

Advisors:

Maimunah Mohd Sharif, Executive Director
Victor Kisob, Deputy Executive Director

Leads: Neil Khor, Amy Wood

Coordinator & Editor: Rachad Nassar

Sub-Editor: James Ohayo

Design & Layout: Denis Kimathi

Contributors: Sharmaarke Abdullahi

