

Haze stress in Singapore: signs to watch and free support as the PSI eases

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Weeks of grey skies, shut windows and cancelled weekend plans do something to your head, not just your throat. If you have felt more snappish, tired or flat than usual lately, haze stress in Singapore is a real thing, and you are far from the only one feeling it. The good news: the air is finally behaving a little better this week, so it is a good moment to check in on yourself and the people around you.



Source: NEA

Where the haze stands on 4 November 2026

As at 5pm on 4 November 2026, NEA put the 24-hour PSI at 60 to 69, in the Moderate range, with 1-hour PM2.5 readings in the Normal band. The PSI forecast for 5 November is 51 to 80, still Moderate. NEA expects light, variable winds and showers from 5 to 7 November to limit smoke haze drifting our way.

That is a big step down from late October, when the PSI hit 139 on 24 October. Many of us spent those weeks indoors, skipped runs, and watched community events get postponed. Your lungs may have recovered, but your mood can take longer to catch up.

Signs haze stress in Singapore is getting to you

Stress rarely announces itself. HealthHubâ??s guide for adults lists signs that show up in the body, the mind and in how we behave. A few that line up suspiciously well with a hazy month:

- Headaches, muscle tension or feeling tired all the time
- Poor concentration, forgetfulness or trouble making decisions
- Sleep problems, eating too much or losing your appetite
- Pulling back from friends and social plans, even when the air clears
- Irritability, restlessness, excessive worry or feeling overwhelmed

One or two of these on a bad day is normal. If several hang around for weeks, or start affecting work, school or relationships, treat that as your cue to talk to someone.

Small things that actually help

None of this needs a gym membership or an atas retreat. These come straight from HealthHubâ??s coping with stress guide, adjusted for a city that has been stuck indoors:

- Name it. Notice when you are stressed instead of brushing it off as â??just tiredâ?•.
- Breathe on purpose. Deep breathing, progressive muscle relaxation (tensing and releasing one muscle group at a time) or guided imagery can calm things down in a few minutes.
- Protect your sleep. HealthHub suggests at least seven hours a night, which is hard if you have been doomscrolling PSI readings at 1am.
- Get back out gently. With the PSI in the Moderate range, NEAâ??s advice for healthy people is normal activities, so a 10-minute walk after dinner is a fair restart.
- Reconnect. Reschedule the kopi session you cancelled, or simply text a friend you have not seen since the skies turned grey.
- Switch off after work. If working from home has blurred the lines, set a time when the laptop closes for the day.

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If work has been the bigger weight, our earlier guide on spotting workplace burnout early goes deeper. For low-key outings on days when the air dips again, our list of indoor things to do during the haze still holds up.


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Source: mindline.sg

Free, 24-hour support you can reach today

You do not need to be in crisis to reach out. The National Mindline 1771 is a 24-hour line for anyone who wants to talk through how they are feeling or find the right kind of help. Counsellors can also point you to longer-term services if a chat is not enough.

- National mindline: call 1771, WhatsApp 6669 1771, or webchat at mindline.sg/fsmh (24 hours)
- Samaritans of Singapore (SOS): call 1767, or WhatsApp CareText at 9151 1767 (24 hours)
- Emergencies, including if you or someone else is at risk of harm: call 995 or 999, or go to the nearest A&E

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Source: mindline.sg

Check in on the people around you

Seniors who were told to stay home, parents juggling restless kids, and friends with asthma or heart conditions have had a tougher few weeks than most. A short call or a simple â??you okay?â?• message costs nothing. If someone mentions feeling hopeless or talks about harming themselves, stay with them, take it seriously and help them contact SOS at 1767 or call 995.

Community support is also getting more joined up. MOH is bringing four community mental health schemes together under the HealthierMind SG network, so finding help nearer home should get easier from here.

Official Details

Haze updates: NEAâ??s daily haze situation updates, haze.gov.sg and the myENV app. Mental health support: mindline.sg, call 1771 or WhatsApp 6669 1771, 24 hours. Samaritans of Singapore: 1767 or CareText 9151 1767, 24 hours. PSI figures are as published by NEA at 5pm on 4 November 2026 and may change.

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Date Created
04/11/2026
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