

MENTAL HEALTH IN THE TIMES OF COVID-19

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'normal' people being exposed
to 'extraordinary situations'.

Nature of the situation – COVID 19

Unique

- Risk of infection and infecting others

Unpredictable

- Fear of losing job
- Fear of being excluded

Uncertain

- Feeling powerless
- Fear of being separated

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Impact of lockdown & physical distancing

- Change in lifestyle
- Scarcity of means
- Work from home
- Work at home
- Long separation - Migrant students, workers
- Long togetherness – conflicts, adjustment issues
- Financial constraints
- Students – ? exam/ school & study
- Study from home

Vulnerable Population

Older adults

Children

Pregnant women

Population with special needs – disabled, patients with chronic/serious disease, pre-existing psychiatric illness

Others



Multidimensional Impact

Physical

- Obesity
- Sleep wake cycle
- Neurological symptoms

Mental

- Fear, anxiety
- Hopelessness
- Poor emotional control

Social

- Stigma
- Domestic violence
- Cultural shift



Psychological Manifestation

- Emotional disturbances
- Constant preoccupation, apprehensions
- Behavioural disturbances
- Sleep and appetite disturbances
- Coping difficulty
- Severity of symptoms can lead to worsening of mental health & **hopelessness, self-harm, suicidality**

4-A Model



Anticipation

Acceptance

Adaptation

Action



Anticipation

- ▶ Be prepare
- ▶ Make plans
- ▶ New life style
- ▶ Be prepared for new challenges (WFH, Digital learning)

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Adaptation

- ▶ Minimize trigger
- ▶ Empathetic approach – “I can handle it, if others can”
- ▶ Engage & explore self
- ▶ Learn to be relax/ calm
- ▶ **“Here and now”**



Acceptance



Action

- ▶ Self care/ known precautions
- ▶ Structured routine/ time management
- ▶ Communication – (audio, video, online)
- ▶ Take support – family, friends
- ▶ Professionals support – helpline/ digital consultations