MENTAL HEALTH IN THE TIMES OF COVID-19

MS. SAVITA GOSWAMI

Clinical Psychologist
Psycho-Oncologist
Tata Memorial Hospital
Mumbai, India

'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

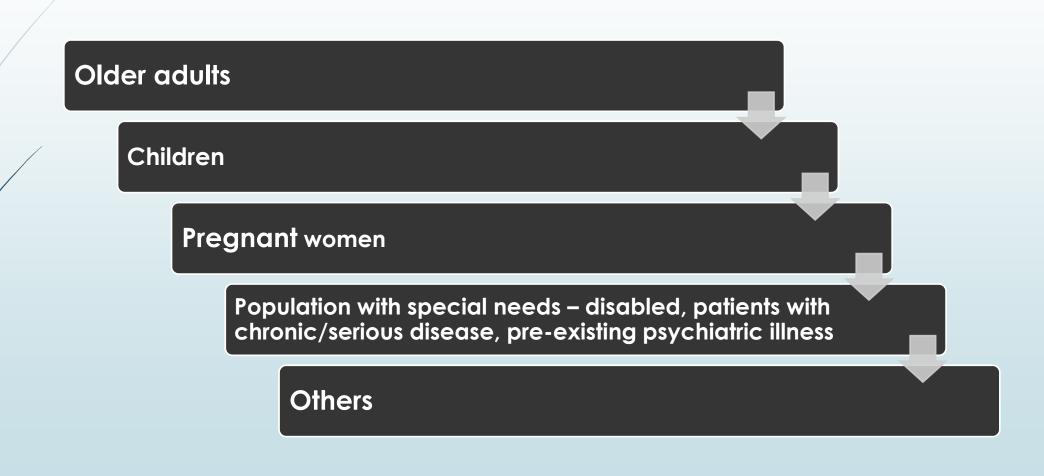
Uncertain

- Feeling powerless
- Fear of being separated

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



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)

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