



COVID-19 PANDEMIC AND MENTAL HEALTH

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What is COVID-19??

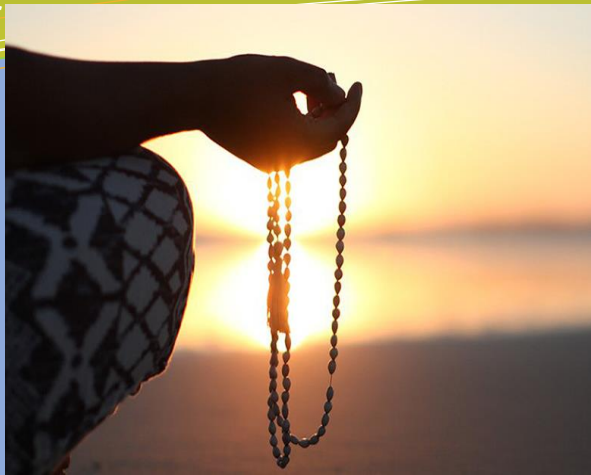
COVID-19 is a disease caused by a new strain of corona virus. 'CO' stands for corona, 'VI' for virus, and 'D' for disease. Formerly, this disease was referred to as '2019 novel coronavirus' or '2019-nCoV.' The COVID-19 virus is a new virus linked to the same family of viruses as Severe Acute Respiratory Syndrome (SARS) and some types of common cold.

Physical Impacts of Covid-19

What are the symptoms of COVID-19? Symptoms can include fever, cough and shortness of breath. In more severe cases, infection can cause pneumonia or breathing difficulties. More rarely, the disease can be fatal.

Is it flu or Covid-19??

These symptoms are similar to the flu (influenza) or the common cold, which are a lot more common than COVID-19. This is why testing is required to confirm if someone has COVID-19



Psychological Impacts of Covid-19

As the corona virus pandemic rapidly sweeps across the world, it is inducing a considerable degree of **fear, worry** and concern in the population at large and among certain groups in particular, such as older adults, care providers and people with underlying health conditions. It can also lead to acute panic, anxiety, obsessive behaviors, hoarding, paranoia, and depression, and post-traumatic stress disorder (PTSD) in the long run.

In public mental health terms, the main psychological impact to date is elevated rates of **stress or anxiety**. But as new measures and impacts are introduced – especially quarantine and its effects on many people's usual activities, routines or livelihoods – levels of **loneliness, depression, harmful alcohol and drug use, and self-harm or suicidal behaviour** are also expected to rise.

Social Impacts of Covid-19

The COVID-19 outbreak affects all segments of the population and is particularly detrimental to members of those social groups in the most vulnerable situations, continues to affect populations, including people living in poverty situations, older persons, persons with disabilities, youth, and indigenous peoples.

Early evidence indicates that the health and economic impacts of the virus are being borne disproportionately by poor people. For example, homeless people, because they may be unable to safely shelter in place, are highly exposed to the danger of the virus.

People without access to running water, refugees, migrants, or displaced persons also stand to suffer disproportionately both from the pandemic and its aftermath – whether due to limited movement, fewer employment opportunities, increased xenophobia etc.

CORONAVIRUS DISEASE COVID-19 SYMPTOMS



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Do's & Don't's During Covid-19 As Mental Health Practitioners And General Public

1. COVID-19 has and is likely to affect people from many countries, in many geographical locations. Therefore, do not attach the disease to any particular ethnicity or nationality.
2. Be empathetic to all those who are affected, in and from any country. People who are affected by COVID-19 have not done anything wrong, and they deserve our support, compassion and kindness.
3. Minimize watching, reading or listening to news about COVID-19 that causes you to feel anxious or distressed; seek information only from trusted sources and mainly so that you can take practical steps to prepare your plans and protect yourself and loved ones.
4. Protect yourself and be supportive to others. Assisting others in their time of need can benefit both the person receiving support and the helper. Check by telephone on neighbours or people in your community who may need some extra assistance
5. Find opportunities to amplify positive and hopeful stories and positive images of local people who have experienced COVID-19.
6. Honour carers and healthcare workers supporting people affected with COVID-19 in your community.



Managing Minors During Covid-19 Pandemic



Dealing with Older Adults During Covid-19 Pandemic

Things To Do for Older Adults

- ✚ Help children find positive ways to express feelings such as fear and sadness. Sometimes engaging in a creative activity, such as playing or drawing can facilitate this process. Children feel relieved if they can express and communicate their feelings in a safe and supportive environment.
- ✚ Keep children close to their parents and family. If a child needs to be separated from his or her primary carer, ensure that during periods of separation, regular contact with parents and carers is maintained, such as twice-daily scheduled telephone or video calls or other age-appropriate communication (e.g. social media).
- ✚ Maintain familiar routines in daily life as much as possible, or create new routines, especially if children must stay at home. Provide engaging age-appropriate activities for children, including activities for their learning.
- ✚ During times of stress and crisis, it is common for children to seek more attachment and be more demanding on parents. Discuss COVID-19 with your children in an honest and age-appropriate way.

- ✚ Older adults, especially in isolation and those with cognitive decline/dementia, may become more anxious, angry, stressed, agitated and withdrawn during the outbreak or while in quarantine.
- ✚ Provide practical and emotional support through informal networks (families) and health professionals.
- ✚ Share simple facts about what is going on and give clear information about how to reduce risk of infection in words older people with/without cognitive impairment can understand.
- ✚ Repeat the information whenever necessary. Instructions need to be communicated in a clear, concise, respectful and patient way.
- ✚ It may also be helpful for information to be displayed in writing or pictures.
- ✚ Help them learn simple daily physical exercises to perform at home, in quarantine or isolation so you can maintain mobility and reduce boredom.

- ✚ Keep in regular contact with loved ones, for example by telephone, e-mail, social media or video conference.
- ✚ Keep regular routines and schedules as much as possible for eating, sleeping, and activities you enjoy.
- ✚ Learn simple daily physical exercises to do at home when in quarantine so you can maintain mobility.
- ✚ Find out how to get practical help if needed, like calling a taxi, having food delivered or asking for medical care.
- ✚ Make sure you have a one-month supply or longer of your regular medicines. Ask family members, friends or neighbours for support, if needed.





**WE ARE HERE
TO SUPPORT YOU!**

Where to find Help during Covid-19 Pandemic?

Healthy Coping Strategies of Psychological Issues

Healthy ways to cope with stress

Know what to do if you are sick and are concerned about COVID-19.

- ✚ Contact a health professional.
- ✚ Know where and how to get treatment and other support services and resources, including counseling or therapy
- ✚ Take care of your emotional health. Taking care of your emotional health will help you think clearly and react to the urgent needs to protect yourself and your family.
- ✚ Take breaks from watching, reading, or listening to news stories, including those on social media.
- ✚ Take care of your body.
 - Take deep breaths, stretch, or meditate external icon.
 - Try to eat healthy, well-balanced meals.
 - Exercise regularly.
 - Get plenty of sleep.
 - Avoid excessive alcohol and drug use.
- ✚ Make time to unwind. Try to do some other activities you enjoy.
- ✚ Connect with others. Talk with people you trust about your concerns and how you are feeling.
- ✚ Connect with your community- or faith-based organizations.
- ✚ While social distancing measures are in place, consider connecting online, through social media, or by phone or mail.

Take Care of your Mental Health

Mental health is an important part of overall health and wellbeing.

- ✚ It affects how we think, feel, and act. It may also affect how we handle stress, relate to others, and make choices during an emergency.
- ✚ People with pre-existing mental health conditions may be particularly vulnerable in an emergency.
- ✚ Mental health conditions influences their ability to relate to others and function each day.
- ✚ These conditions may be situational (short-term) or long-lasting (chronic). People with preexisting mental health conditions should continue with their treatment.
- ✚ Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.
- ✚ Get immediate help in a crisis:
 - Online psychological consulting services, providing psychological support remotely using modern telecommunications.

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