

COVID-19-Mental Health and Wellbeing-A Review

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ABSTRACT

We face “very bizarre times” for the duration of the country wide lockdown. feelings of fear, anxiety and pressure at some stage in this time is completely normal and, in step with medical magazine the lancet, is an anticipated outcome for people who have been in quarantine and lockdown situations following beyond studies on an awful lot smaller outbreaks of viruses in preceding years. Pietermaritzburg-based clinical psychologist, Clive willows, stated it is crucial to attempt to cope with those intrusive feelings as high-quality we will. How we view the state of affairs and the time we had been told to spend indoors will determine how we get via those abnormal, annoying instances. “People sense the lockdown has very lots constrained their choice-making and picks in every day existence and its miles essential to strive taking manage and dealing with our lives to create a feeling of private strength,” said willows. “Discover things wherein you may make selections and decisions like preserving and writing in a journal, gardening and preserving a ordinary. “Ordinary is essential because it allows us felt extra in control of our private state of affairs. The number one element to do at some stage in this time is to make choices wherein you can. Human beings have greater time on their hands than they normally do and some have commenced to view time as an enemy as opposed to searching on the possible benefits. The way we use our time will decide how we come via this tough time.” said another manner to relieve emotions of fear, melancholy and tension was to hold in contact with circle of relatives and loved ones wherein possible. “Attempt to make it part of your daily ordinary where you chat to a friend or to own family. Those are peculiar instances and speakme to human beings will help put you out of doors your own state of affairs and emotions of any abnormality and validate our modern-day scenario. it is crucial to live knowledgeable of what goes on in the US and the world specially concerning the covid-19 virus, however, bogging yourself down with each day news on the mass deaths and boom in infection quotes may be “all-consuming”.

KEYWORDS: COVID-19, National lockdown, Clinical Psychologist, of fear, Depression and Anxiety

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I. INTRODUCTION

“There are not many distractions from the news surrounding the virus and it can make us feel that it is all-consuming but there are other things happening out there. Babies are being born; people are celebrating birthdays and so on. We must recognize that there are other things going on.”It is said that listening to music was also a helpful tool in minimizing anxieties and fears during the lockdown as “it reminds us of life before the pandemic and that there is a future”.“Reading books has a similar effect to listening to music and can transport us from the present. Writing in a journal can also help manage unpleasant feelings. It gives us an opportunity to take what we are feeling inside and externalize it. It gives us that same sense of power and choice that decision-making does.”The psychologist also said that helping others such as buying groceries for an elderly neighbor or assisting with tasks such as washing clothes and cooking meals for those who are incapacitated, can give you a sense of purpose and unity during the lockdown. He said the suggestions for trying to minimize our stresses and anxieties during the lockdown are “limitless but the primary take-away is to make decisions where you can everyday”. Willows added that those who have previously suffered anxiety or depression “should make a particular effort to keep in contact with others in order to normalize their experience and not think their normal reaction to an abnormal situation is a sign of relapse”.“Talking to someone else will often affirm normality in these abnormal times,” he said.

Advice and caring Responsibilities

Advice for parents and carers on searching after the mental fitness and well-being of children or young human beings in the course of the coronavirus (covid-19) outbreak. This recommendation is to assist adults with being concerned duties look after the mental health and wellness of kids or young human beings, which include those with additional needs and disabilities, throughout the coronavirus (covid-19) outbreak. This manual presents advice on how to appearance after your mental health and well-being during the coronavirus (covid-19)

outbreak. Steering on assisting youngsters and young human beings's intellectual fitness and health is likewise available. The coronavirus (covid19) outbreak goes to have an impact on everyone's everyday lives, because the authorities and the NHS take important steps to manage the outbreak, reduce transmission and treat individuals who want medical interest. It could be hard, however with the aid of following steerage on social distancing, or staying at domestic, you're assisting to defend yourself, your own family, The NHS and your community. During this time, you will be bored, annoyed or lonely. You could additionally experience low, concerned, aggravating, or be worried about your health or that of these close to you. Anybody reacts in another way to events and adjustments in the way that we assume experience and behave vary among specific human beings and over the years. It's crucial that you cope with your thoughts in addition to your frame and to get in addition aid in case you want it. Steering on supporting youngsters and younger human's intellectual fitness and wellness is likewise available.

Boosting Measures for Intellectual Fitness and Wellness

- Consider how to hook up with others
- Assist and support others
- Speak about your worries
- Look after your bodily wellness
- Look after your sleep
- Try to manage difficult
- Manipulate your media and facts get the information
- Reflect on consideration on your new day by day
- Do belongings you enjoy
- Set goals hold your thoughts lively
- Take time to loosen up and focus on the prevailing

If you could, once an afternoon get out of doors, or convey nature in dealing with physical signs which are caused via strain and anxiety

It is pretty commonplace to experience short-lived physical symptoms when your temper is low or aggravating, for instance:

- Faster, abnormal or more sizeable heartbeat
- Feeling lightheaded and dizzy
- Headaches
- Chest pains or lack of urge for food

It can be hard to know what is causing those symptoms, however frequently folks that revel in them because of strain, anxiety or low mood discover that they get worse when they recognition on them.

Additional recommendation for corporations with unique mental health wishes existing intellectual fitness troubles .Managing difficult emotions or behaviors to do with hygiene, washing or fears of contamination

- talking to your intellectual fitness team
- managing panic and anxiety
- managing feelings of being trapped or claustrophobia

In case you are decreasing your ingesting considerably assist to stop the virus from spreading

There are four easy steps you may take to reduce the hazard of getting coronavirus or spreading it to others:

- wash palms often for at the least 20 seconds with cleaning soap and water
- use a tissue for coughs and sneezes and bin it
- keep away from touching your face, including your mouth and eyes

Plan to hold mentally proper you'll normally do to keep nicely, like eating meals you experience and taking exercise, once a day outdoor if you can. if you have guide from others, plan with them how you can remain well and cozy. There also are different things you may do to assist to control your emotions in case you sense you are losing manipulate, which includes:

- preserving a diary
- The usage of apps like mind in hand
- Learning rest strategies
- Growing a plan along with your carer for while you feeling anxiety

What strategies have helped in the past, so use them once more now. The countrywide autistic society steering on managing tension may additionally be beneficial.

Older people

Government guidance is that older people are at increased risk of severe illness and need to be particularly stringent in following social distancing measures and staying at home. Given this, it is natural for older people, particularly those with pre-existing medical conditions, to feel concerned or affected by changes you have to make to your daily life. The following suggestions may help with any difficult feelings and look after your mental health. Draw on support you might have through your friends, family and other networks. Try to stay in touch with those around you; this might be over the phone, by post, or online. If you have been advised to stay at home, let people know how you would like to stay in touch and build that into your routine.

- Stay connected
- Get practical help

Self-care strategies

Self-care strategies are good for your mental and physical health and can help you take charge of your life. Take care of your body and your mind and connect with others to benefit your mental health.

- Be mindful about your physical health:
- Get enough sleep
- Participate in regular physical activity
- Eat healthy
- Avoid tobacco, alcohol and drugs
- Limit screen time
- Relax and Keep your regular routine
- Limit exposure to news
- Stay busy
- Focus on positive thoughts
- Use your moral compass or spiritual life for support
- Set Make Do something for others
- Support a family member

But multiple challenges daily, such as the effects of the COVID-19 pandemic, can push you beyond your ability to cope. Many people may have mental health concerns, such as symptoms of anxiety and depression during this time. And feelings may change over time.

Get help when you need it

Hoping mental health problems such as anxiety or depression will go away on their own can lead to worsening symptoms. If you have concerns or if you experience worsening of mental health symptoms, ask for help when you need it, and be upfront about how you're doing. To get help you may want to:

- Call or use social media to contact a close friend or loved one — even though it may be hard to talk about your feelings.
- Contact a minister, spiritual leader or someone in your faith community.
- Contact your employee assistance program, if your employer has one, and get counseling or ask for a referral to a mental health professional.
- Call your primary care provider or mental health professional to ask about appointment options to talk about your anxiety or depression and get advice and guidance. Some may provide the option of phone, video or online appointments.

You can expect your current strong feelings to fade when the pandemic is over, but stress won't disappear from your life when the health crisis of COVID-19 ends. Continue these self-care practices to take care of your mental health and increase your ability to cope with life's ongoing challenges.

II. CONCLUSION

The COVID-19 pandemic has likely brought many changes to how you live your life and with it uncertainty, altered daily routines, financial pressures and social isolation. You may worry about getting sick, how long the pandemic will last and what the future will bring. Information overload, rumors and misinformation can make your life feel out of control and make it unclear what to do. During the COVID-19 pandemic, we may experience stress, anxiety, fear, sadness and loneliness. And mental health disorders, including anxiety and depression, can worsen. Learn self-care strategies and get the care you need to help you cope. Continue your self-care strategies. You can expect your current strong feelings to fade when the pandemic is over, but stress won't disappear from your life when the health crisis of COVID-19 ends. Continue these self-care practices to take care of your mental health and increase your ability to cope with life's ongoing challenges.

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