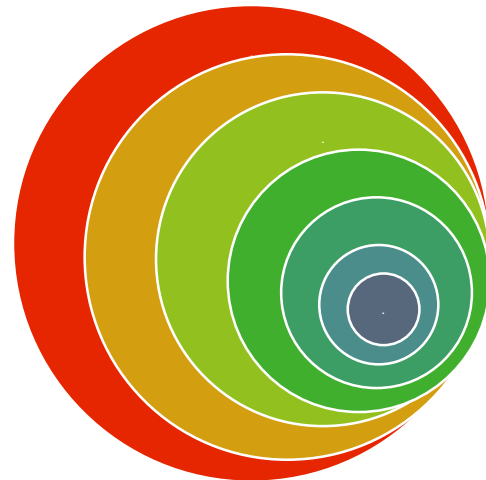




Impact of COVID-19 on Mental Health and Wellbeing

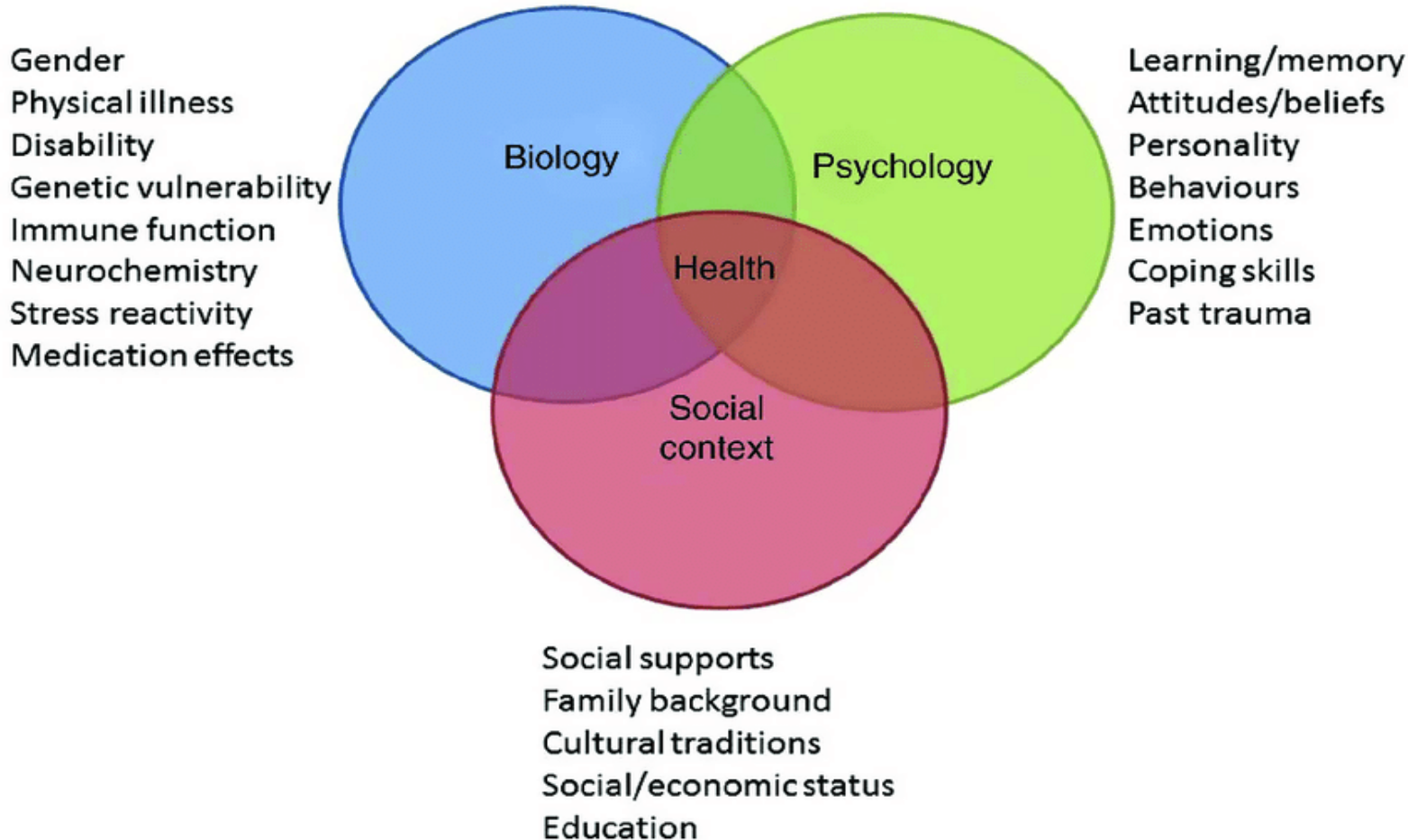
Dr DALAL Naeem
Mental Health Expert
ZICA Pre AGM Workshop.

WHAT IMPACT HAS COVID-19 ON YOUR WELLBEING?



Impact of COVID-19 on individuals, families and community

Biopsychosocial approach to understanding health



- Biopsychosocial model of health and illness.
- COVID 19 = Stress
- Acute and chronic stress directly affects brain health
- Disrupts neuroplasticity which may predispose to mental health disorders

ASK YOURSELF

“Do you take care of yourself?”

“How do you take care of yourself?”

Do you take care of yourself?

- **“Do you take care of yourself?”** many will answer “yes” — we’d even think, “Why am I even being asked? Of course, I do take care of myself.”
- When further asked **“How do you take care of yourself?”** — the many who answer yes, often get stuck.

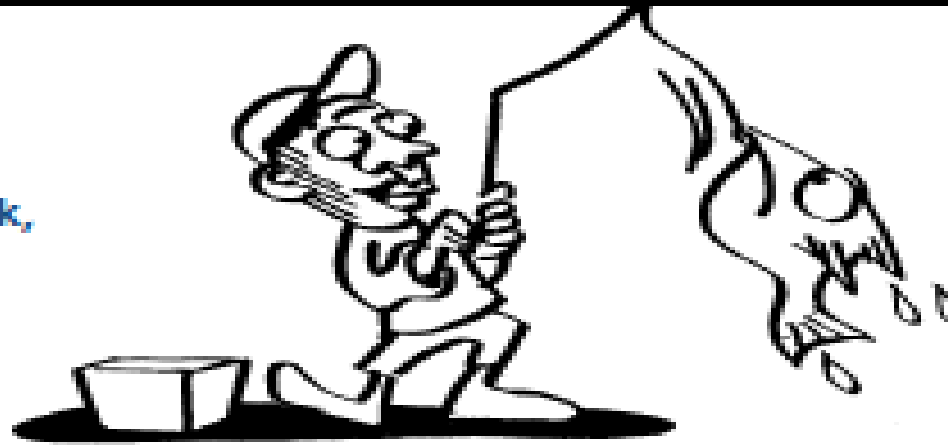
Stress and its effects.

In stressful situations, difficult thoughts and feelings hook us, and we are pulled away from our values.

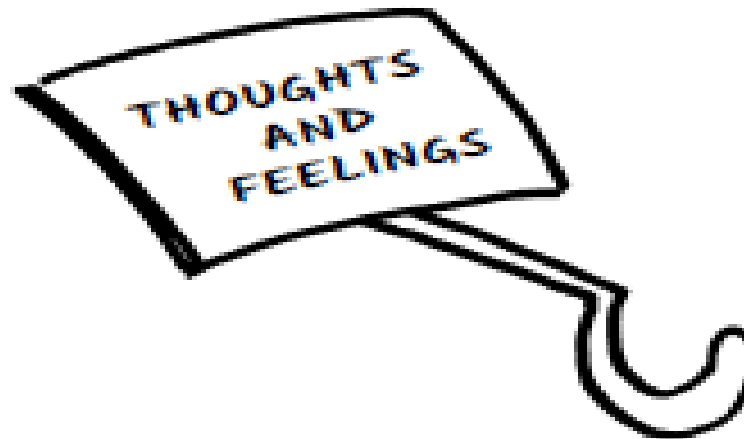
- “Stress” means feeling troubled or threatened by life.
- Stress can be due to threats...
- Everyone experiences stress at times. A little bit of stress is not a problem.
- Recurrent, day to day stress can lead to thoughts and feelings that can lead us to be overwhelmed. This can cause us to become hooked by the thoughts and feelings.
- There are many types of hooks, When something is on a hook, it cannot get away. The hook traps it.



**When something is on a hook,
it cannot get away.
The hook traps it.**



**In the same way, we can get
hooked by our difficult thoughts
and feelings.**



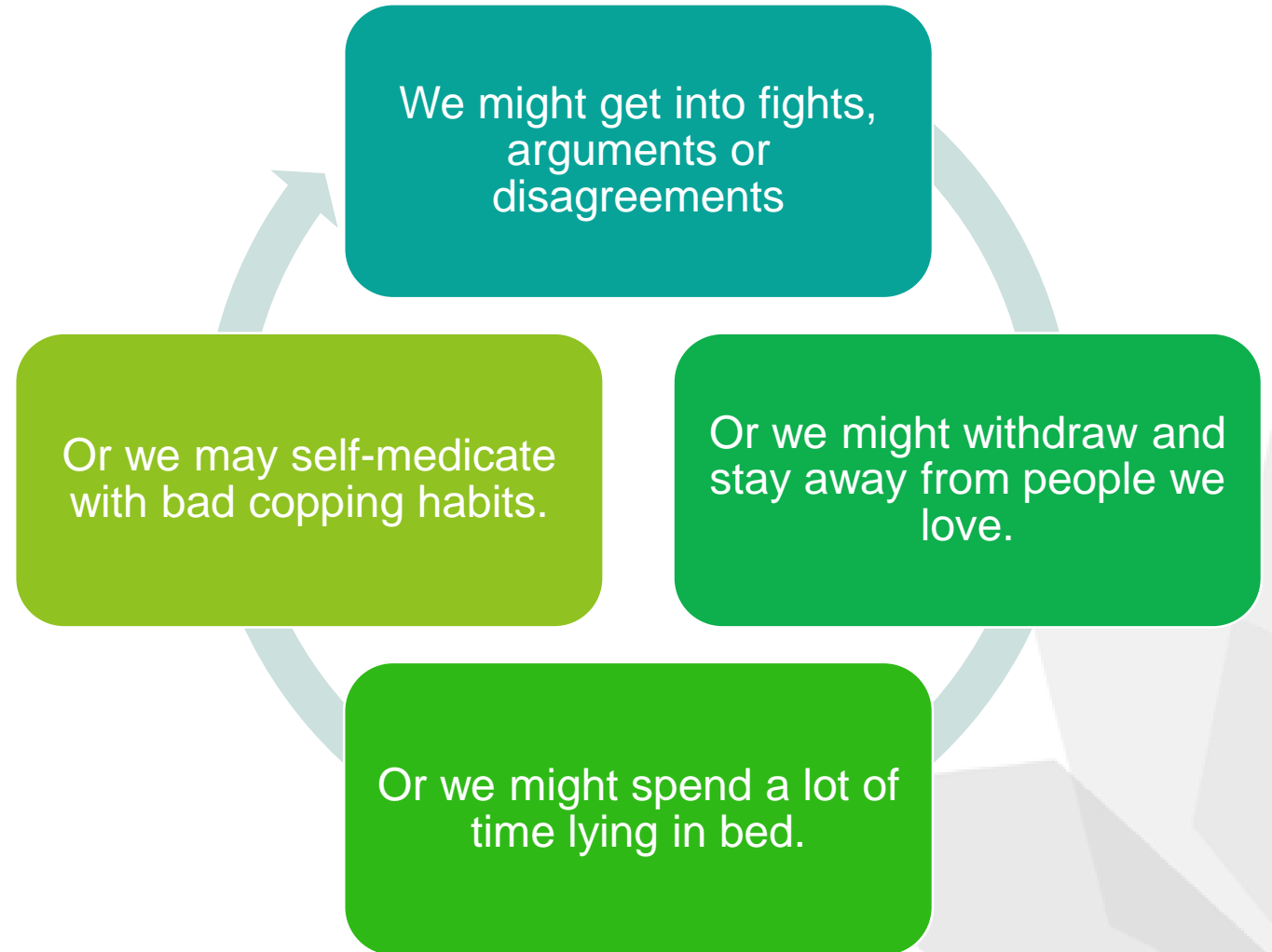
Doing What Matters in Times of Stress: An Illustrated Guide (WHO) An easy to read illustrated guide with information and skills to help manage stress. Techniques can be easily applied in a few minutes each day <https://bit.ly/3aJSdib>

Values

- So these difficult thoughts and feelings "hook" us and pull us away from our VALUES.
- **Values are your deepest desires for the sort of person you want to be.**
- Values describe the sort of person you want to be; how you want to treat yourself and others and the world around you.

Away moves and stress

- **When we are stressed, we find it hard to engage in life.**





An "emotional storm" means that you experience intensely difficult thoughts and feelings. They are so strong they are like a mighty storm, and they can easily overpower you.

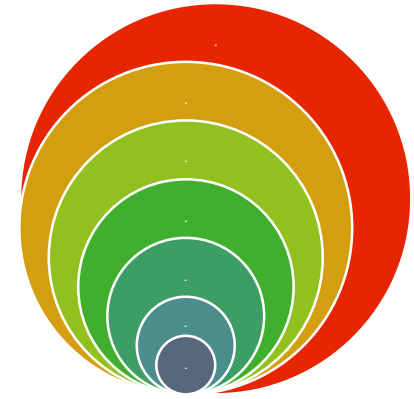


Doing What Matters in Times of Stress: An Illustrated Guide (WHO) An easy to read illustrated guide with information and skills to help manage stress. Techniques can be easily applied in a few minutes each day <https://bit.ly/3aJSdib>

Stressful events

- The experience of stress is an inescapable part of the human condition.
- Generally, we deal with these challenges without even considering the stress involved.
- From time to time, however, everyone experiences events that require more than the average psychological energy.

STRESS



What stresses me, may not stress you.

Stress is additive.

Chronic stress leads to illness.

Its not always obvious.

When they are stressed, many people ...

...cannot focus



...get angry easily



...cannot sit still



...have difficulty sleeping



...feel sad or guilty



...worry



...cry



...feel very tired



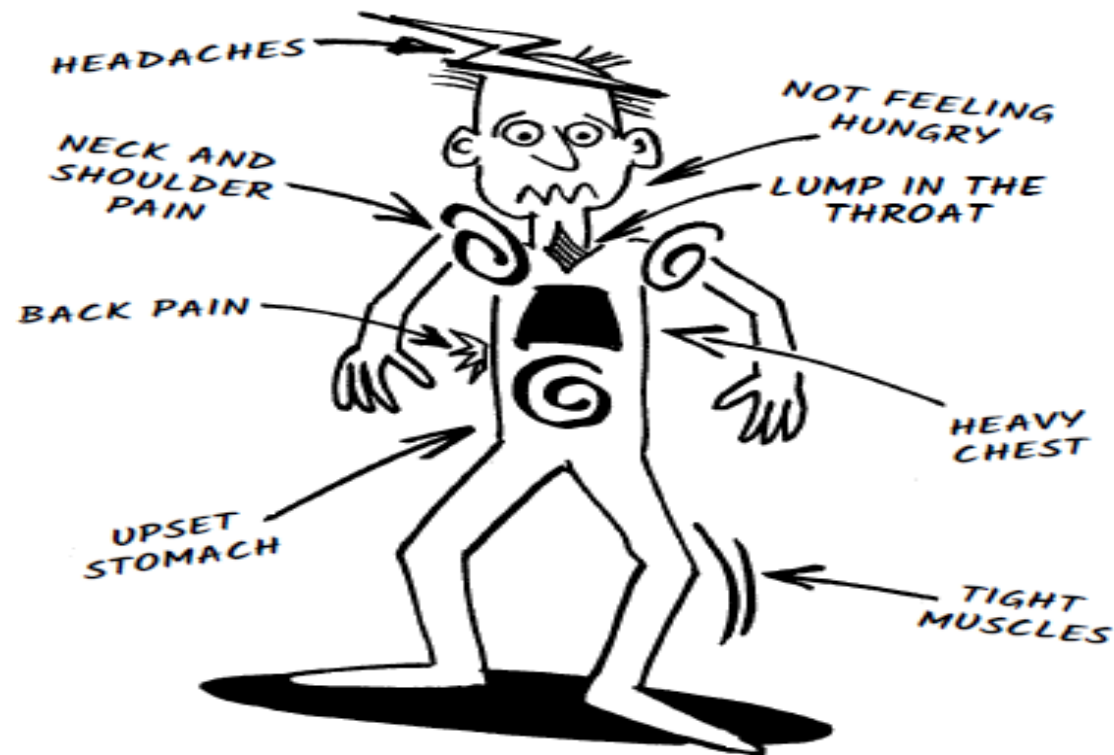
...have changes in appetite.



And many of us think a lot about bad things from the past or bad things we fear in the future.



But very high stress often affects the body.
Many people get unpleasant feelings.



Other people find their body gets sick – skin rashes, infections, illnesses or bowel problems.



Physiological

Distress

- Change in appetite
- Change in libido
- Psychogenic headaches
- Psychogenic muscle aches/spasms
- Decreased immunity
- Note: any prolonged physical/physiological changes or any symptoms of concern s evaluated by a medical professional

- Dysfunction
- Changes in cardiac and gastrointestinal function
- Unconsciousness
- Chest pain
- Dizziness
- Numbness/paralysis (especially of arm, leg, face)
- Inability communicate
- Note: seek medical care for above

Cognitive

Distress

- Temporary confusion
- Inability to concentrate
- Reduced problem-solving capacity
- Overwhelmed
- Obsessions
- Reliving the event
- Nightmares

Dysfunction

- Incapacitating confusion, diminished cognitive capacity
- Hopelessness
- Suicidal thoughts
- Homicidal thoughts
- Hallucinations
- Paranoid delusions

Behavioral

Distress

- Temporary phobic avoidance
- Compulsions
- Hoarding
- Sleep disturbance
- Eating disturbance
- Easily startled

Dysfunction

- Persistent avoidance
- Immobilizing compulsions
- Aggression/violence
- Reclusiveness
- Impulsiveness, risk-taking
- Self-medication
- ETOH
- Abusing prescription drugs
- Energy drinks

Emotional

Distress

- Fear
- Sadness
- Irritability
- Anger
- Frustration
- Bereavement—loss
- Anxiety

Dysfunction

- Panic attacks
- Immobilizing depression
- Affective numbing
- Post-traumatic stress disorder (PTSD)

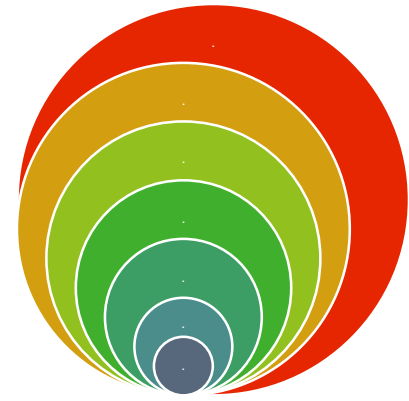
Spiritual

Distress

- Questioning faith
- Questioning God's actions

Dysfunction

- Cessation of faith-related practices
- Projecting faith onto others



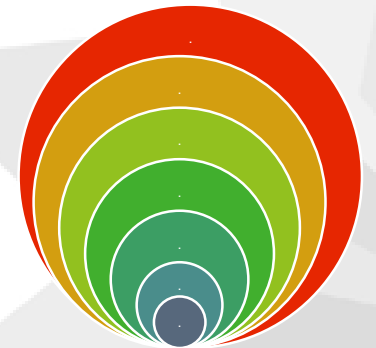
Burnout is about being 'worn out' and can affect any profession.

Usually emerges over time

- **Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress.**
- The impacts of burnout emerge gradually over time and are easily identified to direct links and stressors within the working and personal life. Things that inspire passion, drive and enthusiasm are stripped away as tedious, unpleasant thoughts take over.

Burnout versus Fatigue

Unhelpful and unhealthy coping strategies can be triggers for burnout some of these include



You may be on the road to burnout if:

- *Every* day is a bad day.
- Caring about your work or home life seems like a total waste of energy.
- You're exhausted all the time.
- The majority of your day is spent on tasks you find either mind-numbingly dull or overwhelming.
- You feel like nothing you do makes a difference or is appreciated

Valuable and necessary skills

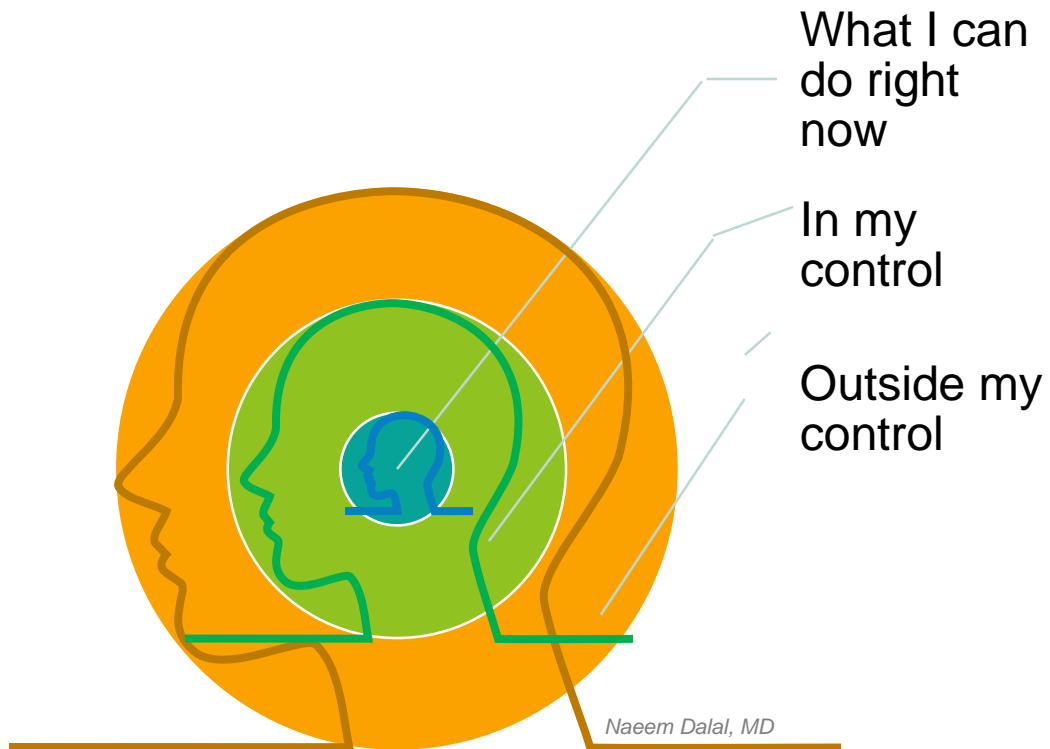
Self-care

- **Self-care** is any activity that we do deliberately in order to take care of our mental, emotional, and physical health.

Guide: problem solving.

know your limits and understand

- Take a pause, and consider what problems are most urgent.
- Use the **circles of control** to identify and choose a problem which they can do something about.



- Choose a way to manage that problem and try it out.
- If it doesn't work, try another solution.



Oxygen is a powerful relaxing agent.



<https://wellbeingquotient.com/relax/practice-a-relaxation-technique/>

Acknowledgements and Reference



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- Psychological First Aid PFA Guide for Field Workers (WHO, WTF and WVI, 2011), in multiple languages <https://bit.ly/2VeJUX7>
- Doing What Matters in Times of Stress: An Illustrated Guide (WHO) <https://bit.ly/3aJSdib>
- Community-Based Psychological First Aid, A Practical Guide to Helping Individuals and Communities During Difficult Times by Gerard A Jacobs <https://amzn.to/2MwHOwD>
- The Johns Hopkins Guide to Psychological First Aid 1st Edition by George S. Everly Jr, Jeffrey M. Lating. <https://amzn.to/3eSAK9J>
- Psychological Basis of Psychiatry by M.S. Thambirajah, <https://amzn.to/2XyA97j>