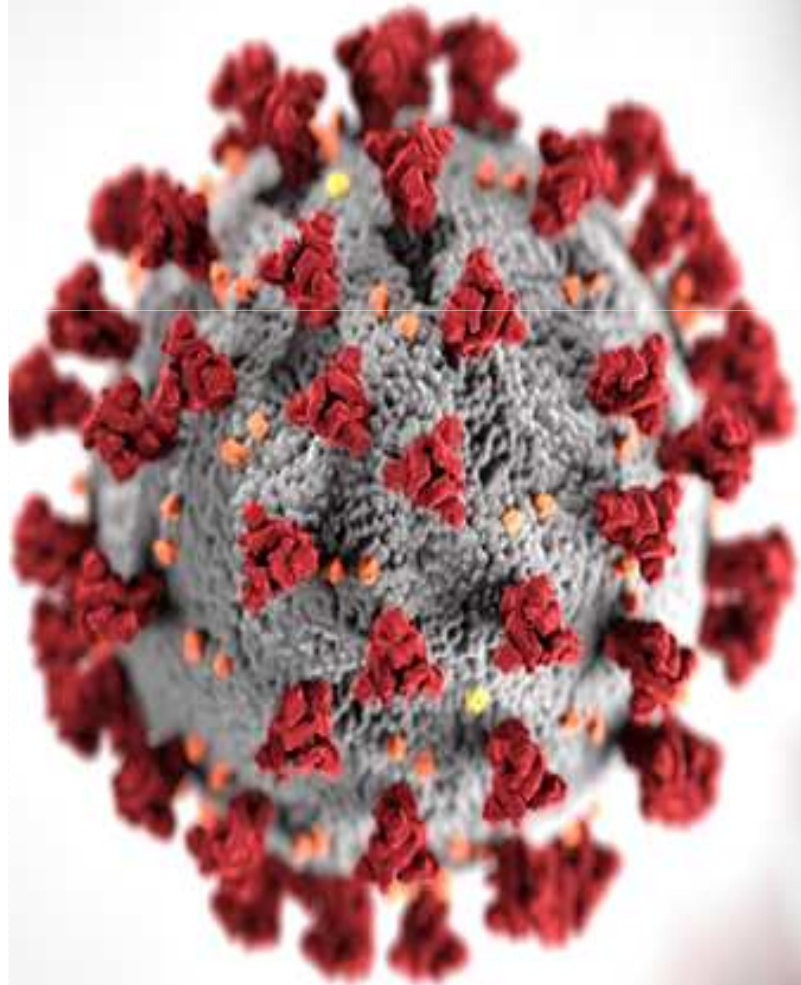




Psycho – Social Care



COVID-19

CORONAVIRUS DISEASE 2019

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COVID-19 - Psycho –Social Care

Difficult times for all of us as we hear about spread of COVID-19 from all over the world, through

- Television,
- Social media,
- Newspapers,
- Family and Friends and other sources.

The most common emotion faced by all is **Fear**. It makes us **anxious**, panicky and can even possibly make us think, say or do things that we might not consider appropriate under normal circumstances



Importance of Lockdown

1. Lockdown is meant **to prevent the spread of infection** from one person to another,
2. Lockdown is meant **to protect ourselves and others.**
3. **Not stepping out of the house** except for buying necessities,
4. Reducing the number of trips outside, and ideally only a single, healthy family member making the trips when absolutely necessary.

If there is anyone in the house who is very sick and may need to get medical help, you must be aware of the health facility nearest to you.



Handling Social isolation

Some ways to keep positive and cheerful

- ❖ Be busy. Have a regular schedule. Help in doing some of the work at home.
- ❖ Distract yourself from negative emotions by listening to music, reading, watching an entertaining programme on television. If you had old hobbies like painting, gardening or stitching, go back to them. Rediscover your hobbies.
- ❖ Eat well and drink plenty of fluids.

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- ❖ Be physically active. Do simple indoor exercises that will keep you fit and feeling fit.
- ❖ Sharing is caring. Understand if someone around you needs advice, food or other essentials. Be willing to share.
- ❖ Elderly people may feel confused, lost and need help. Offer them help by getting them what they need, their medicines, daily needs etc.
- ❖ If you have children at home, keep them busy by allowing them to help in the household chores - make them feel responsible and acquire new skills.



Focus on facts, reject rumours and theories

- ❖ Knowledge is power; the more you know about a certain issue, the less fearful you may feel. Make sure to access and believe only the most reliable sources of information for self-protection.
- ❖ Do not follow sensational news or social media posts which may impact your mental state. Do not spread or share any unverified news or information further.
- ❖ Do not keep discussing all the time about who got sick and how. Instead learn about who got well and recovered.

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- ❖ Stick to the known advice- hand hygiene and keeping a physical distance from others. It is being careful about yourself, and also about care of others.
- ❖ A common cold is not Corona infection. The symptoms of Corona have been well described. Follow etiquette of sneezing, coughing, avoiding spitting in public places etc.
- ❖ In most people, the Corona infection causes mild symptoms and the person only needs to follow social distancing till he/she stops being infective, usually 2 weeks. Mild infection does not require a person to be admitted in hospital. Only people who have breathing difficulties need to be in hospital. Most people recover.



Handling emotional problems

- ❖ Anxiety - Practice breathing slowly for a few minutes. Try and distance the thoughts that are making you anxious. Think of something calm and serene, and slow down your mind.
- ❖ Feeling angry and irritated - Calming your mind, counting back from 10 to 1, distracting yourself helps.
- ❖ Feeling afraid - Deal with it by asking yourself
 - What is under my control?
 - Am I unnecessarily worrying about the worst thing that can happen?
 - When I have been stressed in the past, how have I managed?
 - What are the things I can do to help myself and be positive?

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- ❖ Feeling lonely or sad is also quite common. Stay connected with others. Communication can help you to connect with family and friends. Call up people whom you haven't spoken to and surprise them. Discuss happy events, common interests, exchange cooking tips, share music.
- ❖ If any of these emotions persist continuously for several days, despite your trying to get out of it, talk about it with someone.

If the feelings worsen, a person may feel helpless, hopeless and feel that life is not worth living. If that happens,

Call at helpline number (080- 46110007)

for advice from a mental health professional or contact your doctor / mental health professional. (for info. 104/ 1070/ 1077/ 1100)



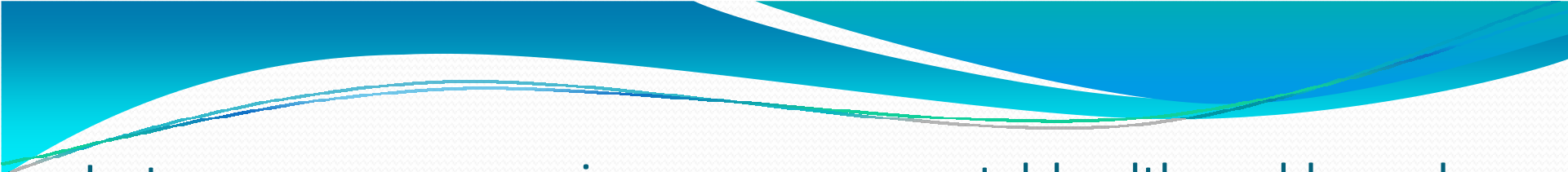
NOT Advisable

- ❑ Avoid tobacco, alcohol and other drugs. Use of tobacco or alcohol or other drugs to cope with emotions or boredom can worsen physical, mental health and reduce immunity. People who already have a substance use problem may require professional help, especially when they feel low in mood or stressed.
- ❑ Do not shun or judge people with a CoVid infection. While you need to maintain a physical distance and keep yourself safe to prevent such infection, remember they need care and concern. If you know someone who might have the infection, tell them about precautions, and how to get medical assistance, if required.
- ❑ If you happen to get infected with Corona, remember most people get better. Do not panic. Practice self-isolation and take medications that are advised.



Emotional issues after recovery

- ❖ While it is wonderful to recover from Covid infection, you may actually face stress after you have recovered and wish to get back into the community. You may have fear about your loved ones falling ill.
- ❖ People who do not understand the illness well may actually keep you at a distance, which is also very stressful and isolating.
- ❖ You may experience feelings of guilt that you were not able to work or care for others. This may lead to feelings of depression, helplessness or frustration.
- ❖ Use the ways mentioned earlier to deal with these feelings. Share your positive story that it is possible to recover from COVID infection.



Just as you can recognize your own mental health problems, be sensitive to such problems in your near and dear ones, which may include:

1. Changes in sleep patterns
2. Difficulty in sleeping and concentrating
3. Worsening of health problems
4. Increased use of alcohol, tobacco or drugs

Be supportive to them. If the problems persist, please contact the helpline **(080- 46110007)** or contact your doctor or a mental health professional.

Note : Recognise mental health problems in your near and dear ones



Persons with mental illness

- 1) They would also have the same fears and stress as others which may worsen their previous mental health condition
- 2) Social isolation may make them more withdrawn, moody and irritable
- 3) They may not seek/ get easy access to medicines and counseling
- 4) Help and support is vital for persons with mental illness from their families and other care givers. Health help lines can provide support, in addition to regular taking of prescribed medication, a regular daily routine, keeping engaged and positive.

Remember, good mental status in the difficult times may win you the battle more easily

PSYCHOSOCIAL ISSUES AMONG MIGRANTS DURING COVID-19

- 1. Treat everyone migrant worker with dignity, respect, empathy and compassion
- 2. Listen to their concerns patiently and understand their problems
- 3. Recognise specific and varied needs for each person/family. There is no generalisation.
- 4. Help them to acknowledge that this is an unusual situation of uncertainty and reassure them that the situation is transient and not going to last long. Normal life is going to resume soon.
- 5. Be prepared with all the information about possible sources of help. Inform them about the support being extended by Central Government, State Governments/ NGOs/ health care systems etc.

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- 6. Emphasis on the importance of their staying in their present location and how mass movement could greatly and adversely affect all efforts to contain the virus.
- 7. Make them realise their importance in the community and appreciate their contributions for the society.
- 8. Remind them that they have made their place with their own efforts, acquired the trust of their employer, sent remittances to their families and therefor deserve all respect.
- 9. Reassure that even if their employer fails them, local administration and charitable institutions would extend all possible help.



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- 10. Out of desperation, many may react in a manner which may appear insulting. Try to understand their issues and be patient.
- 11. If somebody is afraid of getting affected, tell them that the condition is curable, and that most recover from it.
- 12. Remind them that it is safer for their families if they themselves stay away from them.
- 13. Instead of reflecting any mercy, seek their support in the spirit of winning over the situation together.

Taking care of Mental Health of Children during COVID 19

- Provide assurance whenever needed
- Manage your child anxiety
- Engage them in indoor activities
- Keep them in contact with their friend (by other ways)
- Give them clear information
- Make routine of learning at Home

Taking care of Mental Health of Elderly during COVID 19

- Spend time with family
- Spend time on recreational activities
- Manage some time for exercise
- Getting involved in daily activities
- Connecting to loved ones
- Cut down on listening to news

Messages for Health Workers: (By WHO)

- **Feeling under pressure is a likely experience for you and many of your colleagues:**

Managing your mental health and psychosocial well-being during this time is as important as managing your physical health.

- **Take care of yourself at this time:** Try and use helpful coping strategies such as ensuring sufficient rest and respite during work or between shifts, eat sufficient and healthy food, engage in physical activity, and stay in contact with family and friends



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- **Some healthcare workers may unfortunately experience avoidance by their family or community owing to stigma or fear:**

This can make an already challenging situation far more difficult. If possible, staying connected with your loved ones, including through digital methods, is one way to maintain contact. Turn to your colleagues, your manager or other trusted persons for social support



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- **Use understandable ways to share messages with people with intellectual, cognitive and psychosocial disabilities:**
Where possible, include forms of communication that do not rely solely on written information.
- **Know how to provide support to people who are affected by COVID-19 and know how to link them with available resources**

Messages for Team Leaders or Managers in Health Facilities: (By WHO)

- Keeping all staff protected from chronic stress and poor mental health during this response means that they will have a better capacity to fulfil their roles.
- Ensure that good quality communication and accurate information updates are provided to all staff.
- Rotate workers from higher-stress to lower-stress functions
- Ensure that staff are aware of where and how they can access mental health and psychosocial support services and facilitate access to such services




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- Orient all responders, including nurses, ambulance drivers, volunteers, case identifiers, teachers and community leaders and workers in quarantine sites, on how to provide basic emotional and practical support to affected people using psychological first aid.
- Manage urgent mental health and neurological complaints (e.g. delirium, psychosis, severe anxiety or depression) within emergency or general healthcare facilities.



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- Ensure availability of essential, generic psychotropic medications at all levels of health care.



**Link for Video on Q& A on COVID-19 and
Mental Health by WHO Experts:**

<https://youtu.be/zDx1LKkk5c4>



Thank You!

Govt. College of Nursing Bhavnagar