

Mental Health during COVID-19

By Ganesh Kumar

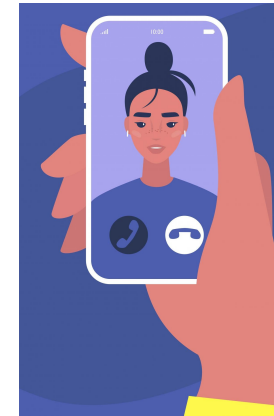
Contact:- gkumar@ksu.edu

- Mental health includes our emotional, psychological, and social well-being¹.
- Anxiety, stress, and fear related to the COVID-19 outbreak can be overwhelming. Isolation and social distancing measures can accentuate these symptoms and make coping with stress more challenging.
- Potential mental health conditions related to the COVID-19 outbreak include **anxiety³, depression³, PTSD⁴, and substance use disorders²**. Those with pre-existing mental health conditions may experience worsening of symptoms².



Some tips to improve mental health during times of distress:-

- Try to get enough sleep³.
- Keep to a regular routine³.
- Engage in regular physical activity and meditation².
- Stay in contact with friends and loved ones².
- Keep a positive mindset and be supportive to others³.
- Have a healthy and nutritious diet³.
- Avoid tobacco, alcohol, and drugs³.
- Limit exposure to news and social media. Get news from trustworthy sources^{2,3}.
- Call your primary care provider or mental health care provider in case you require professional help³.
- Explore resources from institutions and organizations such as Pawnee Mental Health Services⁵ (Manhattan, Kansas), National Alliance on Mental Illness (NAMI)³, or the Substance Abuse and Mental Health Services Administration (SAMHSA)³.



References and Resources

1. <https://www.mentalhealth.gov/basics/what-is-mental-health>
2. <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
3. <https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/mental-health-covid-19/art-20482731>
4. <https://www.uptodate.com/contents/coronavirus-disease-2019-covid-19-psychiatric-symptoms-and-disorders>
5. <https://www.pawnee.org/>

Image Sources

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