Your personal and work-place mental health during COVID-19

Infectious disease outbreaks, such as COVID-19 can be scary and can affect our mental health. According to the World Health Organization (WHO), 1 in 4 people will struggle with a mental illness at some point in their lives. Global megatrends show that this will soon change to 1 in every 2 people, according to Top Trends. Therefore, it is important for us to look after our mental health in the context of the COVID-19 pandemic.

There is a lot in the media around what we can do to take the necessary precautions to look after ourselves physically. But not much is covered on how we look after our mental health during this time. There are so many things to feel anxious about. With the increasing levels of fear around dealing with the COVID-19 crisis, risk of exposure, fear of loved ones being exposed or sick, etc. there is an increase in panic, and this results in an overall increase in anxiety levels. It is only natural to feel overwhelmed, vulnerable, stressed and anxious. This can be further complicated if you have experienced a trauma or a mental health problem in the past, or if you have a long-term physical health condition that makes you more vulnerable to the effects of COVID-19.

It may be helpful to anticipate an increase in your levels of discomfort and feelings of distress. Acknowledge how you are feeling and remind yourself and each other to take care of your mental health.

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