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# Coronavirus: The Layers of Mental Health Issues over Lockdown

**Malarvizhi Jayakumar\***

Department of Nursing, Sri Ramachandra Institute of Higher Education and Research, Formerly Sri Ramachandra University, Porur, Chennai, India

\*Corresponding author: Jayakumar M, Department of Nursing, Sri Ramachandra Institute of Higher Education and Research, Formerly Sri Ramachandra University, Porur, Chennai, India, Tel: 03322413068; E-mail: malarvizhi23@gmail.com

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## Abstract

Coronavirus disease 2019 (COVID-19) is a new strain of coronavirus species which has been firstly appeared in Wuhan city, China. It is reported that the most common symptoms for infected persons with COVID-19 are lymphopenia and bilateral ground-glass opacity or consolidation in chest CT scans. It is found that COVID-19 is able to transmit from human-to-human by fomites, contact, and droplets. New reports also demonstrated that COVID-19 is able to transmit to humans during exposure with high concentrations of aerosol in air. Therefore, in some special conditions COVID-19 may travel long distances in a turbulent atmosphere and it can infect other territories. Washing hands, rapid hospitalization of patients, and avoiding unprotected contact with wild and farm animals are the most important recommendations for protection of people from infection with COVID-19. Infectious disease outbreaks, like the current coronavirus (COVID-19), can be scary and can affect our mental health. While it is important to stay informed, there are also many things we can do to support and manage our wellbeing during such times. Here are some tips to look after one's own mental health at a time when there is much discussion of potential threats to our physical health.

The article summarizes the general information on COVID-19 outbreak and its impact on Physical and mental health of an individual. It also summarizes about the mental issues faced by everyone and the factors need to be considered in order to avoid serious mental issues.

**Keywords:** COVID-19; Physical illness; Mental threats; Anxiety; Depression

hospitalization of patients, and avoiding unprotected contact with wild and farm animals to protect people against COVID-19 infection? The possibility of spreading COVID-19 via aerosols in air can increase the danger of this pathogen. Looking after one's mental health while staying at home is paramount. "There are a lot of issues now, such as anxiety, depression associated with loneliness or isolation, or concerns about jobs and finances. All these things could be layered on top of the normal problems."

More of them are spending a lot of time at home and many of our regular social activities will no longer be available to us. It will mean a different rhythm of life, a chance to be in touch with others in different ways than usual. Be in touch with other people regularly on social media, e-mail or on the phone, as they are still good ways of being close to the people who matter to you [1-3].

1. Create a new daily routine that prioritizes looking after oneself. Reading more or watching movies, having an exercise routine, trying new relaxation techniques, or finding new knowledge on the internet. Try and rest and view this as a new if unusual experience that might have its benefits.

2. Make sure your wider health needs are being looked after such as having enough prescription medicines available to you.

For people who are shielding not much has changed. Lockdown still applies, with some ability to increase exercise, and to get outside with social distancing. For these groups in particular it might be difficult to see their lives returning to anything like 'normal' for a much longer time. As other people come out of lockdown the impact of lockdown on those who are shielding may become even greater.

As different at risk and shielding groups are told they are able to resume activities, people will need to make assessments of how safe things feel for them, and how they balance the risk to their wellbeing of remaining locked down against the risk of getting the virus if they resume activities.

## Introduction

COVID-19 is a rapid danger for human being worldwide; therefore, it should be controlled as fast as possible. WHO has several recommendations including Washing hands, rapid

## Layers of mental health issues

As per the study conducted by experts at the University of Oxford, More than 10,000 parents have now taken part in the

Co-SPACE (COVID-19 Supporting Parents, Adolescents, and Children in Epidemics) survey.

Parents/carers of children aged 4-10 years of age reported that over a one-month period in lockdown, they saw increases in their child's emotional difficulties, such as feeling unhappy, worried, being clingy and experiencing physical symptoms associated with worry, according to early results from the Co-SPACE study, asking parents and carers about their children's mental health through the COVID-19 crisis [4].

- Parents/carers of primary school age children taking part in the survey report an increase in their child's emotional, behavioral, and restless/attentional difficulties.
- Parents/carers of secondary school age children report a reduction in their child's emotional difficulties, but an increase in restless/attentional behaviors [5].
- Adolescents taking part in the survey report no change in their own emotional or behavioral, and restless/attentional difficulties.
- Parents/carers of children with Special Educational Needs (SEN) and those with a pre-existing mental health difficulty report a reduction in their child's emotional difficulties and no change in behavioral or restless/attentional difficulties [6].

## Tips to stay mentally healthy

### Try to stay connected

The way we are able to connect to others is changing, but this is happening at a different pace depending on who you are and where you live. Advice is significantly different if you are shielding, and you still need to take extra care if you have a long-term physical health condition, are pregnant or aged over 70.

### There is a summary of how you can connect here

At times of stress, we work better in company and with support. Try and keep in touch with your friends and family, by telephone, email or social media, or contact a helpline for emotional support.

### You may like to focus on the things you can do if you feel able to:

1. Stress management
2. Keep active
3. Eat a balanced diet
4. Stay in touch with friends on social media but try not to sensationalize things.

### Talk to your children

Involving our family and children in our plans for good health is essential. We need be alert to and ask children what they have heard about the outbreak and support them, without causing them alarm.

We need to minimize the negative impact it has on our children and explain the facts to them. Discuss the news with

them but try and avoid over-exposure to coverage of the virus. Be as truthful as possible. Let's not avoid the 'scary topic' but engage in a way that is appropriate for them. We have more advice on talking with your children about the coronavirus outbreak.

### Try to anticipate distress

It is OK to feel vulnerable and overwhelmed as we read news about the outbreak, especially if you have experienced trauma or a mental health problem in the past, or if you are shielding, have a long-term physical health condition or fall into one of the other groups that makes you more vulnerable to the effects of the coronavirus.

It's important to acknowledge these feelings and remind each other to look after our physical and mental health. We should also be aware of and avoid increasing habits that may not be helpful in the long term, like smoking, drinking and overeating.

Try and reassure people you know who may be worried and check in with people who you know are living alone.

### Try not to make assumptions

Don't judge people and avoid jumping to conclusions about who is responsible for the spread of the disease. The coronavirus can affect anyone, regardless of gender, ethnicity or sex.

### Try to manage how you follow the outbreak in the media

There is extensive news coverage about the outbreak. If the news is causing huge stress, it's important to find a balance. It is best that don't avoid all news and that keep informing and educating, but limit the news intake if it is bothering.

## Conclusion

This article suggested the importance of mental health during lockdown and staying at home in this pandemic. "For mental health, it builds on the essential services framework which provides clear information on which mental health services need to be maintained during the pandemic. So, everyone should take action and work with a range of mental health partners to strengthen support as part of our recovery planning".

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