

The Impact of Covid-19 Pandemic on the Condition of Mental Health: A Perspective of Australia

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ABSTRACT

The corona virus disease 2019 pandemic has affected healthcare systems around the globe and massively impacted patients with various non-infectious, life-threatening conditions. Stroke is a major neurological disease contributing to death and disability worldwide, and is still an ongoing issue during the pandemic. Australia during the current reporting Nsw and Green Land are the main area of Covid-19. The highest population of Australia cause by covid 19 cases aged from 20-29 and 60-69 years. Confirmed cases rates within a given age cohort were highest for both males and females aged 60-69 years. There continue to be very few cases reported among children. Male to female ratio was approximately 1:1 overall. This paper reflect the condition of mental health during covid -19 in Australia

KEYWORDS

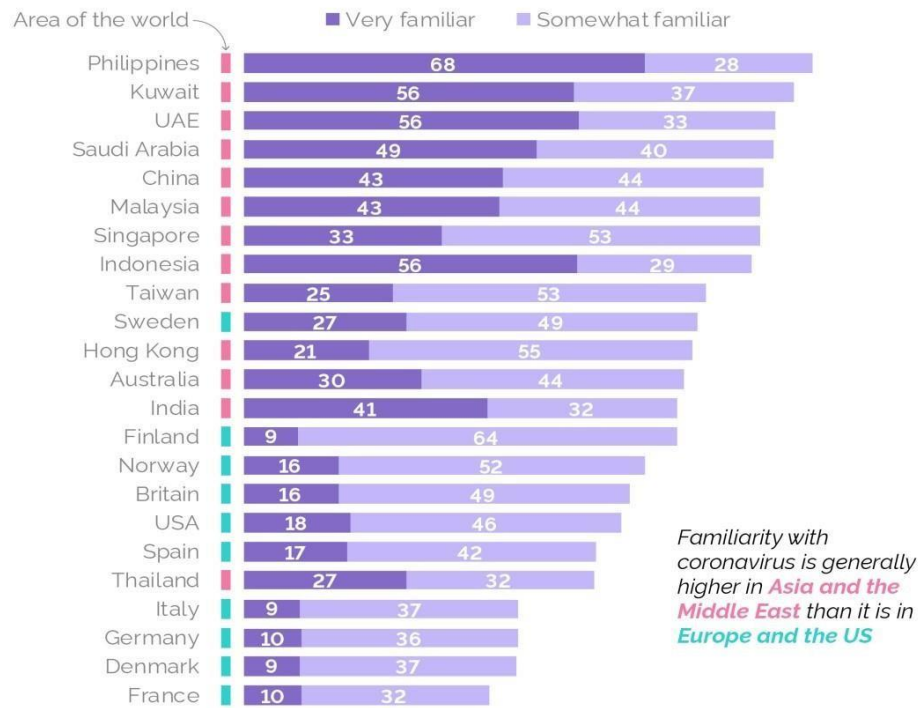
Covid-19;. Mental health; Australia.

1. Introduction

“Mental health repercussions regarding what is happening during this pandemic for people, today and beyond, will really be a problem in general,” Dr Petsanis says. “In general, stress behaviour for many, many people brings a lot of problems.” A neurologist by training, Dr Petsanis, Greek born, specializes in general cognitive disorders and dementia and where he is currently working in La Chaux-de-Fonds in Switzerland. Since the onset of COVID-19 however, he has been redeployed, assisting in emergencies and screening potential patients. He sees mental health warning signs throughout the population. “Just the fact of someone wondering if he is positive for COVID is like having a stigma and something that is threatening his life... and that affects, of course, his behavior. We know very well that panic leads to bad behavior and to psychosomatic problems as well, and that brings on somatic problems Countries are now facing an additional threat —a long period of economic instability. Dr Petsanis said that the unemployment during and after the Great Depression led to an increased incidence of heart disease.”We had so much stress before World War II that too many people got rheumatoid cardio pathies correlated with unemployment. Actually, it wasn’t just correlation, causation was established. We know that stress kills, first of all because it provokes two things, vaso-spasm in the vascular system and immune depression

Where are people most familiar with coronavirus?

% of people in each country/region who say they are "very familiar" or "somewhat familiar" with coronavirus



Familiarity with coronavirus is generally higher in Asia and the Middle East than it is in Europe and the US

YouGov

31 Jan - 11 Feb 2020

2. Understanding the Importance of Lockdown

Understanding the importance of Lockdown Lockdown is meant to prevent the spread of infection from one person to another, to protect ourselves and others. This means, not stepping out of the house except for buying necessities, 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.

The UN has urged governments around the world to take the mental health consequences seriously, and ensure widespread availability of mental health support. WHO has published guidelines for communities even a children’s book.

3. Handling Social Isolation

Staying at home can be quite nice for some time, but can also be boring and restricting. Here are some ways to keep positive and cheerful

1. Be busy. Have a regular schedule. Help in doing some of the work at home.
2. 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.
3. Eat well and drink plenty of fluids.
4. Be physically active. Do simple indoor exercises and Yoga that will keep you fit and feeling fit.
5. Sharing is caring. Understand if someone around you needs advice, food or other essentials.

6. 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.
7. 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.

4. Handling Emotional Problems

1. At times of 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.
2. When feeling angry and irritated, calming your mind, counting back from 10 to 1, distracting yourself helps.
3. 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.

5. Conclusion

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. But we have to overcome from mental health, we have to give some time to our family or for ourselves, which help us to live happy life.

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