

Psychological issues while experiencing covid19 positive and for the attendant of patient

Bereavement, isolation, loss of income and fear are triggering mental health conditions or triggering the existing psychological issues is very common in this pandemic. Many people may be facing increased levels of alcohol and drug use, insomnia, and anxiety. Without getting much into the negative thoughts, helpful actions like talking to professionals. Psychologists, psychiatrists and medical doctors to know the status of the virus in the body.

When you feel yourself getting caught up in fear of what might happen; do follow WHO (World Health Organization) suggestions

Try to shift your focus to things you can control. For example, you can't control how severe the corona virus outbreak is in your city or town, but you can take steps to reduce your own personal risk (and the risk you'll unknowingly spread it to others), such as:

1. Washing your hands frequently (for at least 20 seconds) with soap and water or a hand sanitizer.
2. Avoiding touching your face (particularly your eyes, nose, and mouth).
3. Staying home as much as possible, even if you don't feel sick.
4. Avoiding crowds and gatherings of 10 or more people.
5. Avoiding all non-essential shopping and travel.
6. Keeping 6 feet of distance between yourself and others when out.
7. Getting plenty of sleep, this helps support your immune system.
8. Following all recommendations from health authorities.

Throughout the pandemic across the globe people are experiencing following Psychological issues:

1. Anxiety
2. Depression
3. Sleep disruptions, suspicion and thoughts of suicides. (Due to They have also experienced a number of pandemic-related
4. Consequences – such as closures of universities, transitioning to remote work, and loss of income or employment – that may contribute to poor mental health
5. OCD
6. Anger
7. Frustration
8. Stress

To keep your mental health fit follow below suggestions:

1. Don't watch and read too much disturbing information about the Covid 19 intensity.
2. Just know the information from trusted platform once in a while.
3. Try to do regular physical exercise, everyday just play one physical game and breathing exercises
4. Read happy, fun generating information like, jokes, joke videos, stories and novels.
5. if you have time please learn, music, singing, cooking, crafts, painting, gardening, or any other choice you have been wanting to learn due to some other emergencies forgotten to learn.
6. Focus on protocols of precautions and maintain it regularly.
7. Keep all the information about the doctors, ph,no., hospitals, oxygen cylinder agent, or oxygen rental basis companies no.
8. Be in touch with your friends. Keep talking to them. Share happy and great moments
9. Don't keep any goals for this year...just live in the present.
10. If you have any symptoms of anxiety and depression please talk to psychologist or psychiatrist for help.

**For WhatsApp message
for help: 9390771469**

“WHO” site for any further suggestions and updates:

<https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf>