



COVID-19: Mental Health Issues

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INTRODUCTION

The current challenges brought about by COVID-19 for people all around the globe are unparalleled and have caused fear, anxiety and uncertainty for so many of us. We are all going through this together and it's important to understand that you are not alone in how you are feeling right now and that there are practical healthy ways to cope with these emotions.

The COVID-19 Pandemic has created unprecedented change and a need for a response from everyone around the globe.

Many of us are worried of our loved ones and our livelihoods and there is no one right way to cope with what we are experiencing. This pandemic profoundly impacting our health and economic situation and most importantly on the psychosocial well being of human being. This impact is being differently felt by different population groups. Out of these one group is facing additional challenges to understand, absorb and deal with the changes that COVID-19 are bringing to our world: the children.

In the current scenario of lockdown, restriction of movement, school closure, children have constrained access to socialisation, play and even physical contact, critical for their psychosocial well being and development. They are experiencing emotional turmoil. Among so many emotional changes anger being the most disturbing and frustrating behavioral changes that is affecting our kid's natural way of expressing emotions.

It is natural for children and adults to have angry feelings especially during these stressful times. Emotions should be let out instead of piling up inside.

Kids may express emotional disturbances (anger, anxiety, boredom) in different ways. Each and every child's behaviour is different. Some become hyperactive and irritable and some become silent and sulky.

Different ways to help children to focus on fruitful things rather than stressful events—

1. Listen and express—
Child's mind is full of thoughts and ideas, they want someone to listen to them, let them talk, let them express their feelings without judgement.
2. Spending quality time—
Quality time should be free and fun. It makes children feel loved and secure, and shows them that they are important.
3. Educate them about ongoing situation—
 - Children need adults to help them understand what is going on.
 - Talk to children about what is happening in a way that they can understand
 - Always answer questions truthfully.
 - Be willing to talk. They will have already heard something. Silence and secrets do not protect our children. Honesty and openness do. Be a role model. Take breaks, get plenty of sleep, exercise and eat well. Connect with your friends and family members.

REFERENCES

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