

# CARE OF MENTAL HEALTH DURING & AFTER COVID-19 PANDEMIC



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According to the World Health Organization (WHO), mental health is "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community".

- WHO, 2004.

The Covid-19 Pandemic is a threat to our population, not only for its risk to human life and economic crisis, but also for its invisible, emotional and mental strain. The Covid-19 present additional challenges as distress, anxiety, depression, fear etc. to human beings.

The impact of these challenges may have long lasting effects even after the Covid-19 pandemic is over.

Mental health is the most essential and inseparable component of public health and well-being. So, it is the need of time to understand the seriousness of these challenges and prepare ourselves to fight against/countervail these threats.

## **FACTORS AFFECTING MENTAL HEALTH**



## CAUSES OF MENTAL ILLNESS DUE TO COVID-19

1. Fear of Physical illness



2. Threat of self-life



3. Threat of losing someone close



4. Uncertainty of life



5. Drastic changes in life



6. Helplessness



7. Feeling of neglect



8. Dependency



9. Unemployment



10. Financial loss



11. Homelessness



12. Hospitalization



13. Stigma and discrimination



14. Problem in relationship

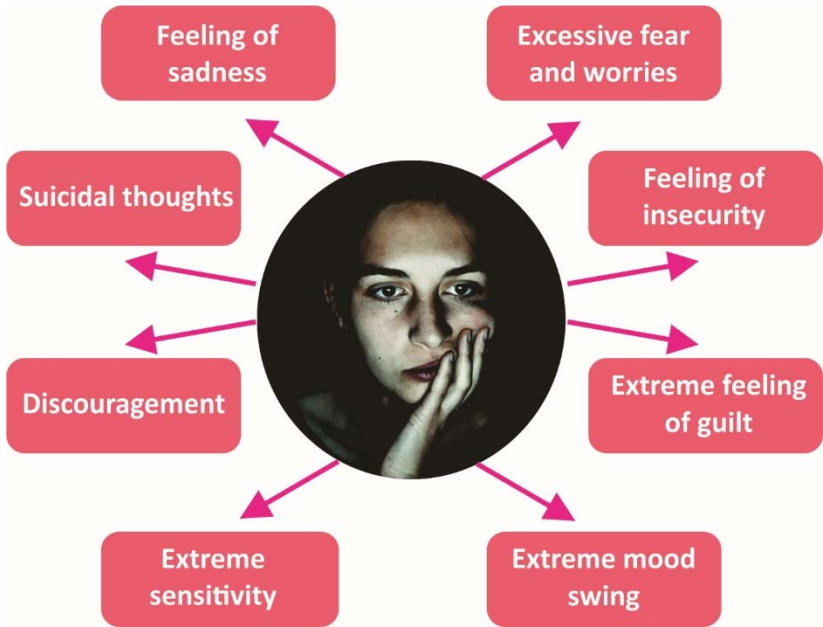


15. Tension from misleading information

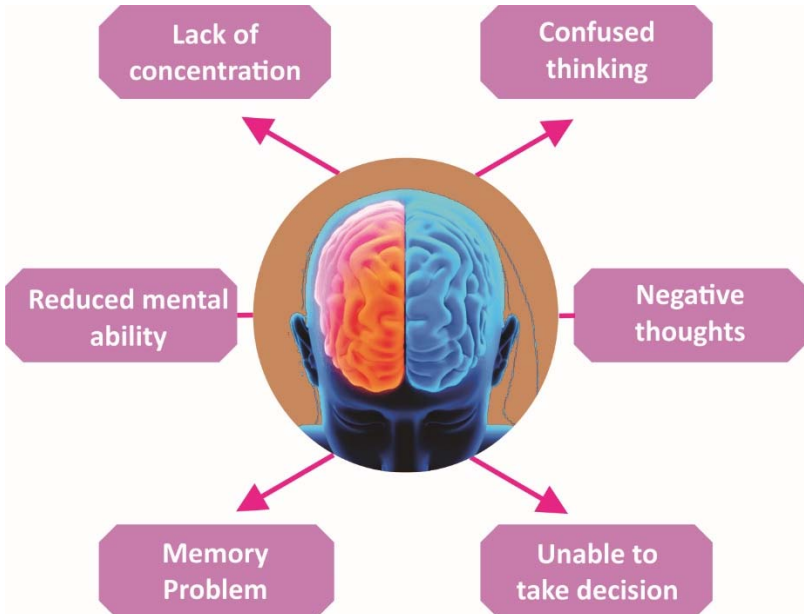


# SYMPTOMS OF MENTAL ILLNESS

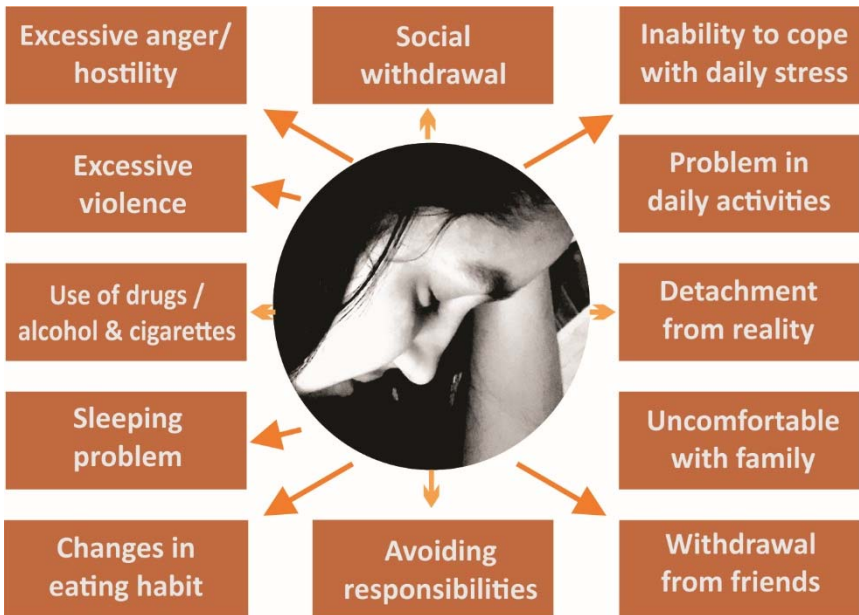
## 1. Emotional Symptoms



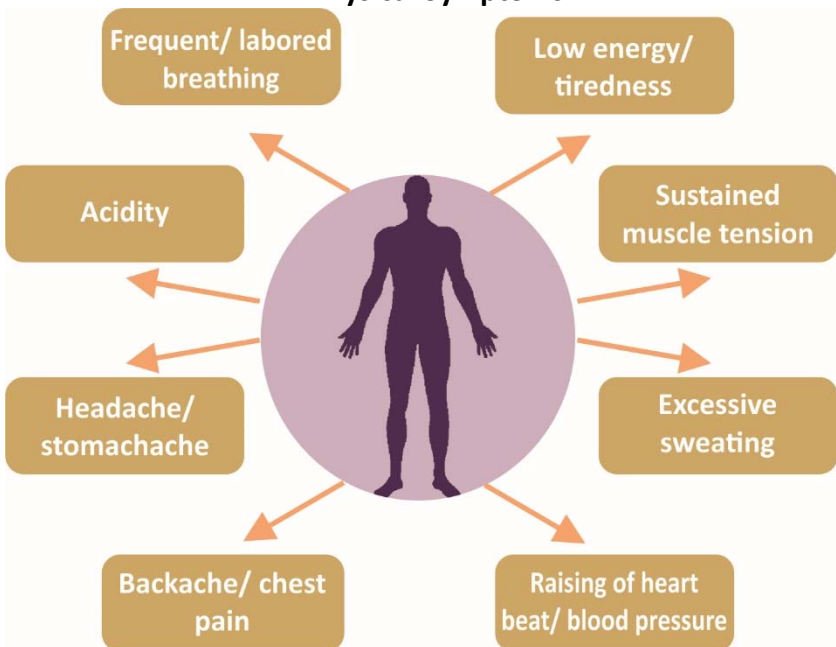
## 2. Cognitive Symptoms



### 3. Behavioural Symptoms



### 4. Physical Symptoms



## 15 WAYS TO BOOST YOUR MENTAL HEALTH

Get enough sleep (8 hours)

Get proper sunlight

Eat nutritious food

Get sufficient water (6-8 liters)

Avoid alcohol, smoking and drug

Do exercise and walk

Do yoga and pranayama

Do Meditation

Be realistic

Be confident

Be creative

Do something for others

Share problems

Open yourself

Look for professional help (if you need it)



## SOME THERAPIES TO IMPROVE MENTAL HEALTH

### 1. Activity Therapies

Recreational therapy

Occupational therapy



## 2. Expressive therapies



Music therapy

Art therapy

Dance therapy

Drama therapy

Poetry therapy



## 3. Alternative therapies



Traditional medicine

Ayurvedic medicine

Homeopathy

Prayer

Yoga



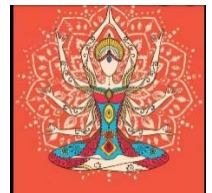
## 4. Meditation

Spiritual meditation

Concentration meditation

Mindfulness meditation

Breath awareness meditation

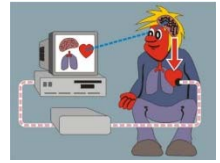




## 5. Biofeedback Therapy

Control over physical process

Control over brain waves



## 6. Counselling

Psychological

Religious



## Psycho Therapy (Scientific Treatment)

Psychodynamic therapy

Existential therapy

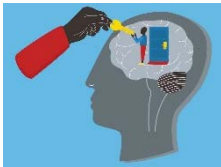
Cognitive therapy

Behaviour therapy

Cognitive-behaviour therapy

Group therapy

Modern medicine



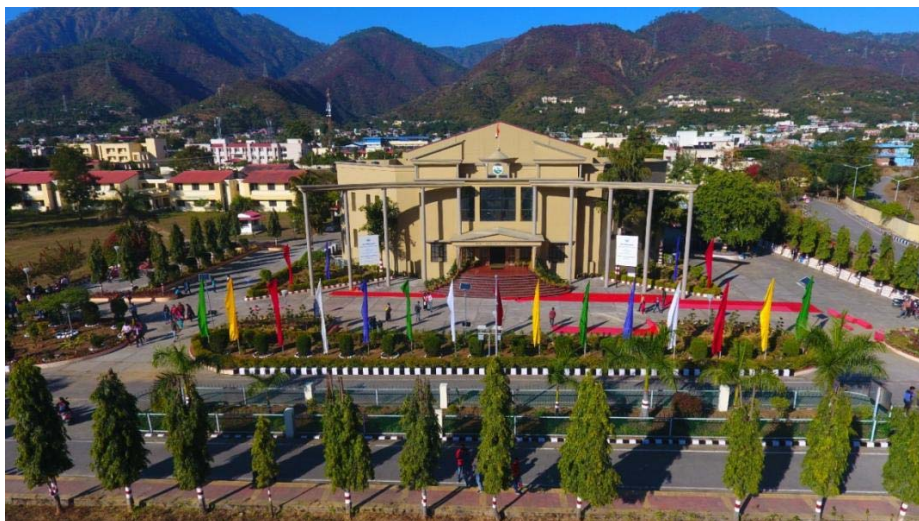


## List of Hospitals in Uttarakhand providing Mental Cure

1. State Mental Health Hospital, Dehradun – **0135-2698044**
2. All India Institute of Medical Science, Rishikesh – **0135-2462927**
3. Government Doon Medical College, Dehradun – **0135-2726020, 21**
4. Dr. Sushila Tiwari Government Hospital, Haldwani – **05946-234104**
5. Veer Chandra Singh Garhwali Government Institute of Medical Science and Research, Srinagar Garhwal – **0135-2471200**
6. Himalayan Hospital Jolly Grant, Dehradun – **0135-2471200**
7. Shri Guru Ram Rai Institute of Medical & Health, Dehradun – **0135-6672400**

## Some Important Helpline

Child Helpline	– 1098
Women Helpline	– 1090
Police	– 100
Ambulance & Medical	– 102
Fire	– 101
Disaster/Medical	– 108



(Join us for the well-being & betterment of society)