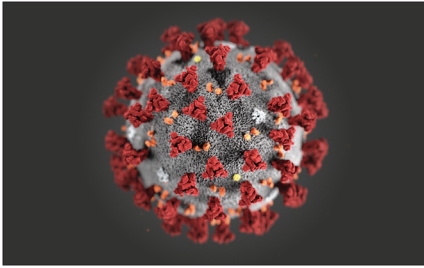




Policia e Kosovës
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Directorate of Health Services

CORONA VIRUS AND MENTAL HEALTH





CORONA VIRUS AND MENTAL HEALTH

During the coronavirus pandemic, we need to focus on mental health as much as physical health care. Currently the world is in a state of stress. The coronavirus pandemic has prompted people to buy from panic, be it food, pharmaceuticals, hygiene maintenance and cleaning. There are searches on social networks, portals, or other ways of searching for new information on how to protect against infection and worry about meeting people and how to refuse them

This is too much to overcome in such a short time and the influx of outside influences is huge.

People who have never had problems with psychological health, now have trouble sleeping, with regular nutrition, concentration and at the same time in normal daily life. Those who have previously suffered from anxiety or disorders of fixed ideas and repetitive behaviors, the negative impact of information on the likelihood of infection with the

coronavirus and other information related to the virus have worsen their symptoms.

Maintaining emotional and psychological health

Should the individual be anxious and experiencing stress, anxiety and panic from news related to the corona virus and the damage caused by the spread of the virus?



The answer is yes, as for many other things we must have an acceptable and cautious response to the situations we are facing recently.

Now, more than ever, we need to maintain mental health and make it as functional as possible in relation to the situation we are facing.

Another problem is the speed of spreading news about the corona virus and how quickly that information changes. But even worse is the amount of “fake news” that is circulating.

It is human to feel the need to be informed; no one wants to risk becoming infected with this disease.

Uncertainty and a feeling of lack of control are the background of anxiety. Something is expected to happen and it awakens anxiety.

An additional problem are the new protocols on hand washing and not touching the face, among other things, it can aggravate the condition of some people with fixation disorder and repetitive behaviors.

People with fixation disorder and repetitive behaviors already clean things up consistently such as door, kitchen and bathroom gloves again and again. This may not sound too bad, but when it lasts for a long time it causes problems in day-to-day functioning, leaving aside daily duties and obligations in the family, work and elsewhere.

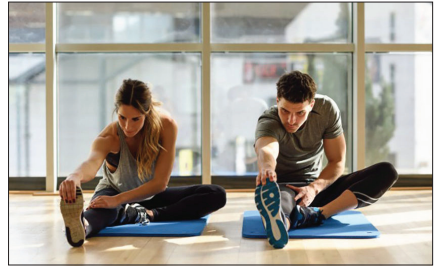
What are the steps in reducing the likelihood that COVID-19 will adversely affect our mental health?

Limit reading the news

We all want to be informed, but we need a break - especially from what's happening now.

Limit the time you spend on social media watching news. This will give you room for other things. You have to be strict in reducing the time for news related to COVID-19, it will not be easy.

Make physical exercises at home



It is known that physical exercise is good for mental health, so it is now. Even if you are confined to your home, you can still stroll through the garden, yard, climb stairs or even do “chair aerobics” - exercises for people with less mobility, which can be done while sitting in chairs, with your favorite music.

Get out and take fresh air

Restricting movement in open areas such as parks and public places does not mean that no other environment can be used, for example if you live in a house with a yard you can use the yard for fresh air, if you live in collective housing go out to the balcony to get fresh air.

Clean air helps reduce symptoms and cure anxiety and mood disorders.

And try not to look at the phone.



Limit the time of worries

If you see yourself repeating actions for fear of being infected by the corona virus, limit the amount of time you wash your hands and clean the surfaces. Limit the “time of worries” for a given hour each day, and then try not to think about the rest of the day.



Feel and think in a positive way

Above all, do not cease to feel that you will not be affected by the virus and that most people who are infected with corona virus have mild symptoms and fully recover.

Try to always see things positively; this has a good effect on maintaining mental health, reducing the impact of stress, anxiety, panic, repetitive behaviors and fixed ideas in the fight against the virus.

Whenever you have the opportunity, talk to the person you consider close and trustworthy, try your best to talk about life, the benefits of life, the contribution you can make to any challenge that we may face in our daily journey.

Follow the recommendations given by the relevant health care authorities and health professionals to maintain and take preventive measures against corona virus infection.

Last but not least worthy, believe in God, pray for life, give thanks for every single day you live, be proud of your contribution, remember that we also have responsibility for the people around us, such as our spouse, parents, children, siblings, colleagues, and many people we are surrounded by.

***Prepared by the Directorate
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