Mental Health Tsunami (Life is Like a Wave Flow with it)

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Abstract: *The novel corona virus disease (COVID 19) pandemic has become a global health emergency in a short span of time. This disease highly infectious nature, rapid progress with serious medical complication and risk of death and absence of effective treatment and vaccine have all added to a community fear need for social distancing, lockdown, quarantine, social isolation are further contributes to the fear and also create stigma. This factor also increases their mental illness like anxiety, depression, stress and sleep disorders. The further impact of the pandemic on mental health is likely to be long lasting and it great challenges to the mental health professionals. The paper discusses various mental related problems in quarantine of COVID 19 and the management of mental health tsunami during this period.*

Keywords: COVID 19, quarantine, pandemic

1. Introduction

The World Health Organization warned in the month of May "A massive increase in mental health conditions in the coming months". They are particularly concerned that children and older adults are not getting the support they need because of school closure, self isolation and fear of hospitals our fear is that the lockdown is storing up problems which could then leads to a "Tsunami of Referrals". The COVID-19 crisis is a health and economic emergency in one with all the components of a mental health tsunami. Some government and organizations have taken steps to try to eradicate the mental health tsunami of these sudden changing situation, in that we are detailed seen about the mental health issues mainly on the quarantine period and their managements.

Pandemic Impact Mental Health
The main psychological impact to date is elevated rates of stress and anxiety. But as new measures and impact are introduced especially quarantine and its effects on people usual activities, routines or livelihood levels of loneliness, depression, harmful alcohol and drug use, self harm or suicidal behaviours are also expected to rise, in a current situation population have already heavily affected issues of service access and continuity for people with developing or existing mental health conditions are also now a major concern.

Mental Health Issues of Home Quarantine
1) **Duration of Quarantine**
    Increasing the duration of quarantine can leads to increasing distress, the extension of the quarantine period can be extremely frustrating.
2) **Fear of Infection**
    Fears about their health or fears of infecting others even minor physical symptoms can be mis interpreted as having the disease.
3) **Frustration and Boredom**
    Boredom is boggy state of dispiritedness and disconnection that may feel perilously close to depression. These are essentially two kinds of boredom, both of which might be welling up to the surface as a result of lockdown. One is situational (you are stuck in quarantine or the checkout line or a boring zoom meeting) and the other one is existential (you are bored with your own company your work, your wife, your marriage).

4) **Stigma**
    This social stigma in India with COVID-19 has been currently based on racial profiling, infectious status and occupation. People with corona virus infection or possible infection can get stigmatized by the words "suspected case" "victims" etc. These words induce the fear, sadness and make them feel unsupported.
5) **Finances**
    Impact of COVID-19 on global poverty has warned about more people being pushed into poverty. Crores of migrant labourers and workers engaged in low paid jobs continue face. Extreme difficulties as they still have no source of income during the period of quarantine.
6) **Unavailability of Supplies**
    Due to the COVID-19 lockdown the people also affected the issues of unavailability of essential goods across offline and online channels are getting worse. As government around the world are trying to curb the spread of the novel corona virus by putting their populations in lockdown, the international trade and food supply chains suffered a severe slowdown.

Mental Health Issues in Hospital quarantine/Isolation
1) **Health Related Anxiety**
    By far this would be the most common condition that could arise during isolation. This can occur due to uncertainty of outcome, fear of turning positive on testing, and stigma. It can range from mild to severe. In severe cases there may be higher risk of panic attack.
2) **Depression and Anxiety**
    Fear of contracting a severe and possibly life threatening illness, isolation from the family, helplessness and guilt associated with behaviours which led to infection is a source of infection to family and public and not being able to performs duties etc., can lead to depression and anxiety.
3) **Substance Withdrawal**
    Withdrawal from substance can occur due to non availability and sudden stoppage from the substance especially alcohol causes many severe illness. Instead of alcohol many people could intake the sanitizer and leads to death. Many of the people get suicide because of the unavailability of alcohol due to the quarantine.

4) Stress Disorder

The people who are affected by corona virus and admitted in hospital for further treatment and quarantine get more stress anxiety. It revealed high prevalence of psychological distress.

5) Resilience

A few may also report positive feeling resilience is known to occur not only in the person infected but also in the community.

6) Isolation

Mental and psycho social illness can result from social isolation, loss of pleasure of life and stress arising working at the frontlines". Due to the COVID-19 outbreak many people live alone in long period of time.

Management of Mental Health Tsunami

Managing Anxiety

- Planning the daily routines helps in adapting quickly.
- Divide your time clearly as work and non work times make the same division in your head space too.
- Identify an activity, hobby that brings you joy and performs it, working in short bursts with clear breaks will helps to maintain you clarity of thoughts.
- When feeling angry and irritated calming your mind, counting back from 10 to 1, distracting yourself helps.
- Discourage patients from continuously following a TV or online news feed as this can often leads to further fear and anxiety.
- Do the meditation and exercise, yoga routinely to calm the mind. Get enough sleep, eat well avoid smoking, excessive alcohol and drugs. It will protect your mental health and immune system.
- When you feels overwhelming take a few slow, deep breaths to help you calm down.

Managing Isolation

- Several community teams have developed interactive platforms.
- Be active in groups you like, spend time with loved one be in touch with friends family and colleagues over social media or the phone through video conferencing etc., pick a new hobby.
- Learn something new every day.
- keep your mind engaged pen down your thoughts and emotions regularly.
- Distract your negative emotions by listening to music, reading, watching an entertaining (comedy) program in TV.
- Avoid the deeply thinking and attend the counselling program to managing the pandemic situation in online conference.
- Identify and completely understanding the reason for quarantine and also knowing how long the quarantine will be continued.

Stress Managing

- Prioritize your physical and mental health.
- Exercise regularly, eat healthy foods and sleep thoroughly.
- It is a good idea to meditate it reduces the mental stress.
- Do not Google symptoms of any disease, must trust doctors.

- Avoid frequently checking the latest COVID-19 statistics.
- Do not be hesitant to seek help from others.
- Do not have high expectations of others or anything's because they are sailing in the same boat.

2. Conclusion

From this concluded that nearly 43% of psychiatrist has seen an increase in urgent and emergency cases following the COVID-19 lockdown. At the same time, 45% of psychiatrists have seen a fall in their most routine appointments, leading to fears of a 'tsunami' of mental illness after the pandemic. According WHO the main and most common disease in the world is mental illness in 2030.

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