

Challenges Are Not New to Humans (New Beginning)

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Abstract: *At first we may find it challenging to adapt, particularly from a mental health perspective, but there are two key points, we need to accept which will help make the transition period easier. First, any restrictions that remain in place there to protect your health and the wider global community, helping to save lives. Second, view this new normal as a staging post on a journey back towards what life was like before the pandemic. Getting life back on track after lock down will be both exciting and daunting for many of us. While we will find ourselves needing to embrace new way of living and working, it's important to stay positive and view the lifting of lockdown as one step on the road back to how we wish to live. Whatever lockdown was like for you, embrace the opportunities getting back on track will give us, and focus on what you need to do, to ensure you can continue to live life to the full.*

Keywords: coronavirus, lock down, challenges, pandemic

1. Introduction

As humans have spread across the world, so have infectious diseases. Even in this modern era, outbreaks are nearly constant, though not every outbreak reaches pandemic level as the Novel Covid- 19 has. Today's visualization outlines some of history's most deadly pandemics, from the Antonine Plague to the current COVID- 19

Life in lock down:

While many people are experiencing heightened anxiety as they cope with the impact of the COVID-19 pandemic, the challenges of life in lock down may be particularly complex for people with existing mental health conditions. An interdisciplinary group of experts, some with their own experience of a mental health condition, has warned that anxiety depression and harmful behaviours, for example could all escalate, particularly as a result of increased social isolation.

Recognise mental health problems in your near and dear ones – just as you recognise your own mental health problems, be sensitive to such problems in your near and dear ones, which may include,

- 1) Changes in sleep patterns
- 2) Difficulty in sleeping and concentrating
- 3) Worsening of health problems
- 4) Increased use of alcohol, tobacco or drugs

Be supportive to them, if the problems persist, please contact the helpline or contact your doctor or a mental health professional.

Emotional issues after recovery –

- 1) While it is wonderful to recover from Covid infection, you may actually face stress after you have recovered and wish to get back into the community. You may have fear about your loved ones falling ill.
- 2) People who do not understand the illness well may actually keep you at a distance which is also very stressful and isolating.
- 3) You may experience feelings of guilt that you were not able to work or care for others. This may lead to feelings of depression, helplessness or frustration.

- 4) Use the ways mentioned earlier to deal with these feelings. Share your positive story that it is possible to recover from COVID infection.

Ways, To Support Yourself

Understand the Risk:

Consider the real risk of harm to yourself and others around you. The public perception of risk during a situation such as an infectious disease outbreak is often inaccurate. Media coverage may create the impression that people are in immediate danger when really the risk for infection may be very low. Take steps to get the facts –

- Stay up date on what is happening, while limiting your media exposure. Avoid watching or listening to news reports 24/7 since this tends to increase anxiety and worry. Remember that children are especially affected by what they hear and see on television.
- Look to credible sources for information on the infectious disease outbreak.

Be Your Own Advocate:

Speaking out about your needs is particularly important if you are in quarantine, since you may not be in a hospital or other facility where your basic needs are met. Ensure you have what you need to feel safe, secure, and comfortable.

- Work with local, state, or national health officials to find out how you can arrange for groceries and toiletries to be delivered to your home as needed.
- Inform health care providers or health authorities of any needed medications and work with them to ensure that you continue to receive those medications.

Educate yourself:

Health care providers and health authorities should provide information on the disease, its diagnosis, and treatment.

- Do not be afraid to ask questions – clear communication with the health care provider may help reduce any distress associated with social distancing, quarantine, or isolation.
- Ask for written information when available.

- Ask a family member or friend to obtain information in the event that you are unable to secure this information on your own.

Use practical ways to cope and relax:

- Relax your body often by doing things that work for you take deep breaths, stretch, meditate or pray, or engage in activities you enjoy.
- Pace yourself between stressful activities, and do something fun after a hard task.
- Talk about your experiences and feelings to loved ones and friends, if you find it helpful.
- Maintain a sense of hope and positive thinking; consider keeping a journal where you write down things you are grateful for or that are going well.

2. Conclusion

These can be difficult times for all of us as we hear about spread of Covid 19 from all over the world, through television, social media, news paper, family and friends and other sources. The most common emotion faced by all is FEAR. It makes us anxious, panicky and even possibly makes us think, say or do things that we might not consider appropriate under normal circumstances. Lock down has been tough for the majority of us. Yet for many people, it was also an opportunity to break the cycle and potentially adopt new habits and behaviours, learn new skills, or take up a hobby.

Life is about accepting the way, choosing to keep moving forward, and savouring the journey.

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