



Guest Editorial

Covid-19 and mental wellness

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With an exponential rise in the COVID-19 cases, people are getting mentally affected. And in the uncertain environment of second lockdown, anxiety and stress are at all-time high level. The second wave is extreme not as a result of the toll it's taking because of the enormous populace being affected, but it unexpectedly came when all that appeared to be getting back to business as usual. Immunization felt like a relief, however, millions are yet to be inoculated, and individuals actually haven't recuperated from personal and monetary losses.

According to Practo (2021), most talked about worries of ladies in small cities and towns included depression, anxiety and panic attacks, whereas, the most examined worries of ladies in metro cities were stress, obsessive-compulsive disorders, eating disorders, and mood disorders. So, let's understand the leading cause of mental health concern.

As indicated by World Health Organization (WHO), "dread, stress, and worry are ordinary reactions to perceived or real threats, and on occasion when we are confronted with vulnerability or the obscure. Along these lines, it is normal and justifiable that individuals are encountering dread with regards to the COVID-19 pandemic".

According to WHO, added to the dread of getting the infection in a pandemic, for example, COVID-19 are the huge changes to our day-to-day lives with our movements

being limited on the side of endeavours to contain and hinder the spread of the infection. Confronted with new real factors of telecommuting, transitory joblessness, online-teaching of kids, and absence of physical contact with other relatives, companions and partners, it is important that we care for physical as well as mental health. So, in such conditions, let's find out how could individuals deal with their emotional and mental well-being?

Apart from following COVID protocol, it is recommended that one should attempt and not "investigate online or social media to an extreme". "Social help is the key, so share and continue to converse with people, while referencing that one needs to follow a healthy way of life, have regular sleep, work-out, do reading, do yoga, tune in to music and take multiple breaks. The best way to oversee stress in these conditions is focus on living in the present. One must follow the below-stated do's and don'ts:

1. Ignore numbers that fill no need for the everyday person: One should simply focus on their own self which implies the stringent measures of wearing a mask and staying indoors.
2. Follow a restrained daily schedule: Discipline helps the brain to focus on the main job and not wanderer away into pointless negative musings.
3. Pursue an innovative activity: Regardless of whether telecommute is burdening, figure out how to enjoy pastimes you appreciate. It removes the pressure of

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accomplishing results for work. The actual cycle instigates cheerful chemicals.

4. Regular work-out: It discharges endorphins which are natural pain killers. It additionally gives a feeling of achievement while keeping us in great shape and improving immunity.
5. Adequate rest and sleep-wake design: It takes into consideration the equilibrium of neurochemicals to be re-established so the emotional exhaustion and burn out is low.
6. Healthy diet: It is always essential to improve physical and mental stress resilience.
7. Connect with loved ones: Try not to get into the standard, worn out Corona-related theories; talk about different things like games, science, universe.
8. Read whatever intrigues you: Go past paper; there is such a great amount to browse.
9. Focus on everything we actually have: At some point or another, things will change. We have a preferable comprehension of illnesses today over we at any point had. Patience is a decent uprightness to adapt today and for eternity.
10. Last yet not least, be thankful: We will endure and, simultaneously, will likewise built a superior world. Such countless things are changing for acceptable,"

As indicated by another review from the American Academy of Sleep Medicine, 33% of Americans are sleeping more terrible than they did before the pandemic. Around 30% say they experience issues such as falling asleep or staying asleep. Every fifth individual additionally say they've encountered additional upsetting dreams during the pandemic. This alleged "COVID-somnia" can be brought on by fears about the Covid, worry for our friends and family, financial concerns, and restricted social contact. Here are few factors that can affect the amount and quality of sleep.

1. Increased stress and anxiety
2. An uptick in screen time
3. Lack of exercise
4. Increase in the use of tobacco and alcohol

Below are certain tips that can be helpful in getting good night's sleep during stressful times

1. Maintain a normal sleep cycle: Regardless of whether your timetable has changed on the grounds that work

or school is distant, or you're not working, you should expect to get in any event seven hours of sleep and go to bed and get up about a similar time each day, including Saturdays and Sundays.

2. Turn off Screens and other electronic gadgets: Restricting your screen time assists your body with getting ready rest, while keeping away from news and web-based media before bed can lessen stress. Turn off Screens and other electronic gadgets in any event 30 minutes before sleep time.
3. Follow a relaxing nightly routine: Begin loosening up at any rate 30 minutes before your sleep time with calm exercises like perusing or ruminating, or wash up or shower to help you unwind.
4. Establish a peaceful sleeping environment: A cool, dark room is best for resting. Keep the TV off and keep cell-phones and other gadgets outside your room.
5. Last, but very important to maintain and monitor Vitamin B12, Vitamin C, and Vitamin D levels which will help in boosting immunity, preventing infection and healthy mental well-being.

"Good sleeping habits will help restore the quality sleep. Furthermore, that is better for our mental as well as physical wellness,"

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