

Mental health during COVID-19

Mental health is vital when it comes to respond to adverse situations, such as that brought about by the COVID-19 pandemic.

DO YOU KNOW HOW TO IDENTIFY YOUR FEELINGS?

ANXIETY

Physical

- Tightening of the chest
- Shortness of breath
- Tachycardia
- Shaking



Emotional

- Intense fear
- Sudden tearfulness



Mental

- Excessive worry
- Mental hyperactivity



DEPRESSION

Physical

- Lethargy
- Sleep problems
- Lack of concentration
- Appetite disorders



Emotional

- Sensitivity or irritability
- Low self-esteem and melancholy



Mental

- Mental fatigue
- Catastrophic vision



Source: WHO, American Psychiatric Association and CDC.