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.