Mental Health and COVID-19

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CORONAVIRUS | News

Anxiety and depression have spiked among Canadians: survey



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LIFESTYLE

11 million Canadians could experience 'high levels of stress' due to COVID-19: Health Canada



BY MEGHAN COLLIE - GLOBAL NEWS

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Canadians are feeling unprecedented levels of anxiety, according to Mental Health Index

Pandemic has caused a dramatic 16-per-cent drop in Canadians' mental health, according to Morneau Shepell's Mental Health Index: a score of 63

Canada

'That finding really jumps out': Half of Canadians say mental health has worsened during COVID-19 pandemic











Angus Reid survey suggests 44% are worried, 34% are grateful and 30% are just bored

Chris Arsenault · CBC News · Posted: Apr 27, 2020 3:01 AM ET | Last Updated: April 27

What is Causing Stress?

- Economic concerns
- Loss of or tenuous job
- Vulnerable family and friends
- Personally acquiring covid-19
- Self-isolation
- Virtual engagement
- Fear/uncertainty of future
- Grief
- Loss of control
- Exacerbation of pre-existing mental health difficulties
- Balancing multiple roles

Coping Strategies

- What has worked for you in the past during difficult situations?
- Limit exposure to news
- Regular physical exercise
- Engagement with enjoyable television, podcasts, and music
- Setting deliberate times for social connection
- Limit use of mind-altering substances
- Try to maintain as much of a routine as possible
- Go outside

Wellness Strategy

- 1. Normalizing
 - Know that your stress is normal
 - Self-compassion
- 2. We're all in this together
 - Remember that we are not alone
 - Connect with supports frequently
- 3. Make a happy list
 - Activities that bring you joy, comfort, or peace
- 4. Make your strategies explicit
 - Sharing this list with others

Mindfulness of Mental Health & Safety in the Workplace

- Frequent check-ins with teams, individuals
- Transparent leadership
- Continue remote work if possible
- Recognition
- Child care
- Pandemic Toolkit for Leaders, Managers, and Supervisors
 - http://www.phsa.ca/health-promotion-site/Documents/Managers-COVID19-Pandemic-Toolkit.pdf
- COVID-19 Returning to Work: Manager's Checklist
 - http://www.phsa.ca/health-promotion-site/Documents/Covid-19%20-Returning-to-Work-Manager%27s-Checklist.pdf

Resources

- Improving Mental Health During COVID-19
 - mentalhealthcovid19.ca
 - A comprehensive guide to addressing mental health difficulties during this pandemic
 - Wealth of resources (ie. Online tools, virtual counseling, apps, addictions, domestic violence, crisis numbers)
- COVID with Kids
 - covidwithkids.org
 - Resources to create structure, indoor/outdoor activities, how to talk with children about the pandemic, suggestions for connection

MENTAL HEALTH CONTINUUM MODEL

HEALTHY REACTING INJURED ILL

- Normal fluctuations in mood
- Normal sleep patterns
- Physically well, full of energy
- Consistent performance
- Socially active

- Nervousness, irritability, sadness
- Trouble sleeping
- Tired/low energy, muscle tension, headaches
- Procrastination
- · Decreased social activity

- Anxiety, anger, pervasive sadness, hopelessness
- Restless or disturbed sleep
- · Fatigue, aches and pains
- Decreased performance, presenteeism
- Social avoidance or withdrawal

- Excessive anxiety, easily enraged, depressed mood
- Unable to fall or stay asleep
- · Exhaustion, physical illness
- Unable to perform duties, absenteeism
- Isolation, avoiding social events

ACTIONS TO TAKE AT EACH PHASE OF THE CONTINUUM

- · Focus on task at hand
- Break problems into manageable chunks
- Identify and nurture support systems
- · Maintain healthy lifestyle

- · Recognize limits
- Get adequate rest, food, and exercise
- Engage in healthy coping strategies
- Identify and minimize stressors

- Identify and understand own signs of distress
- Talk with someone
- Seek help
- Seek social support instead of withdrawing
- Seek consultation as needed
- Follow healthcare provider recommendations
- Regain physical and mental health