

Mental Health Care Amid COVID-19

As of March 6th, 2020

< We tend to lose our peace of mind during epidemic outbreaks >

It is thought that our mind and body can be easily impacted by stress, fear, anger, insomnia and other changes under the circumstance of the spread of an epidemic. These kinds of reactions are not abnormal, but rather natural reactions which could occur to anyone. In most of cases, they will naturally disappear as the situation improves. However, in case your anxieties continue, do not push yourself, and please talk to people whom you can rely on.

< What sort of things should we be mindful of? >

1. Let's keep a lifestyle that enables us to stay healthy mentally and physically

- Get a good amount of sleep, eat a well-balanced diet, and lead an orderly life.
- Talk with your trusted friends or family members through text or phone calls.
- Go for a walk or get some exercise done while avoiding crowded places.
- Refrain from drinking or smoking in the hopes of calming yourself down.

2. Let's try to obtain an "appropriate amount" of "correct information"

- Try to get correct information and knowledge from reliable sources (Information from national or local governments should be more reliable) .
- When you feel overwhelmed by too much information, reduce the time you watch TV/surf the internet, and try not to expose yourself to too much information.

3. To prevent mischievous rumors, prejudices, and discriminations

- "Incorrect mischievous rumors" , "Prejudices" or "Bullying" may occur due to anxious feelings related to the spread of the epidemic. When you receive or send information, take a breath and check whether the source has the correct information before you take action.

< A Message to those engaging in countermeasures and support

~Don't push yourself too much~ >

We are thankful for the many people giving their support in the fight against COVID-19. When taking part in supportive actions, please take the time to rest, support your colleagues and show appreciation for each other, and refrain from isolating yourself. If you feel overwhelmed, ask for advice from your boss or reliable people.

This information is also on the Ibaraki Prefectural Mental Health Center webpage.

(<http://www.pref.ibaraki.jp/hokenfukushi/seiho/sodan/seishin/homepage-file/09senta/sinsai.html>)



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